




| | Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | |
|-------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 08:00 | | | | | | | | | | |
| 08:30 | | | | | | | | | | |
| 09:00 | | | | | | | | | | |
| 09:30 | | | 9:30 – 10:30 | | | | 9:30 – 10:30 | | | |
| 10:00 | 10:00 – 11:00 | | | | 10:00 – 11:00 | | | | | |
| 10:30 | | | | | | | | | 10:30 – 11:30 | |
| 11:00 | | | 11:00 – 12:00 | | | | | | | |
| 11:30 | 11:30 – 12:30 | | | | | | | | | 11:30 – 12:00 |
| 12:00 | | | | | | | | | | |
| 12:30 | | | | | | | | | | |
| 13:00 | | | | | | 13:00 – 14:00 | | 13:00 – 14:00 | | |
| 13:30 | | | | | | | | | | |
| 14:00 | | | | | | | | | | |
| 14:30 | | | | | | | | | | |
| 15:00 | | | | | | | | | | |
| 15:30 | | | | | | | | | | |
| 16:00 | 16:00 – 17:00 | | 16:00 – 17:00 | | | | | | 16:00 – 17:00 | |
| 16:30 | | | | | | | | | | |
| 17:00 | | | | | | | | | | |
| 17:30 | 17:30 – 18:30 | 17:30 – 18:30 | 17:30 – 18:30 | 17:30 – 18:30 | 17:30 – 18:30 | | 17:30 – 18:30 | | | |
| 18:00 | | | | | | | | | | |
| 18:30 | | 18:30 – 19:30 | | 18:30 – 19:00 | | | | 18:30 – 19:00 | | |
| 19:00 | | | 19:00 – 20:00 | | | | 19:00 – 20:00 | | | |
| 19:30 | | | | | | | | | | |

 Gerätekurs

 Cross & Core Frauen

 Funktionskurs mit dem Schwerpunkt „Dehnen und Rumpfstabilisation“

 Yoga

 Cross & Core