

| Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | |
|---|--------------------------------------|--|--|--|---|---|-------|---|-------|
| Gym.1 | Gym.2 | Gym.1 | Gym.2 | Gym.1 | Gym.2 | Gym.1 | Gym.2 | Gym.1 | Gym.2 |
| 8.45 - 9.40 Core&Stability Irene | | 9.00 - 9.55 Yoga Johanna | | 9.15 - 10.10 Power Pump Jessica | | 9.00 - 9.55 Core&Stability Silke | | 8.45 - 9.40 Rückenfitness Veronika | |
| | | | | | | 10.15 - 11.10 Pilates Silke | | | |
| | | | | | | | | 15.00 - 16.00 Yoga Anuschka | |
| | | 17.30 - 18.25 Power Pump Kim | | 17.30 - 18.25 Power Pump alle | | 17.30 - 18.25 DeepWork Kim | | 16.30 - 17.25 Power Pump Isabel | |
| | 18.15 - 19.10 BBP Michi | | 18.00 - 18.55 FunTone/BBP Anita | | 17.45 - 18.40 Rückenfitness Sylvia | | | 18.00 - 18.55 Fufi Janika | |
| 18.30 - 19.25 Power Pump Isabel | | 19.15 - 20.10 Rückenfitness Irene | | 19.15 - 20.10 Yoga Anuschka | | 18.45 - 19.40 BBP Claudia | | | |
| 19.45 - 20.40 DeepWork Isabel | | | | | | 20.00 - 20.55 Yoga Judith | | | |