

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag
Zeit	K2	Zeit	K2	Zeit	K2	Zeit	K2	Zeit	K2			
08:00		08:00	BodyFit Justin	08:00		08:00	Fitness Yoga Nok	08:00	Kraft-Zirkel Natascha			
09:00	Golf meets Fitness Justin	09:00		09:00		09:00		09:00	Body Workout Monika	Zeit	K2	K2
10:00		10:00	BBP* Faszien Justin	10:00	Rücken und Faszien Tim	10:00		10:00	Bodymind Yoga Nok	10:00		
	Pilates (K3) Monika						Pilates (K3) Monika					
11:00		11:00		11:00		11:00		11:00		11:00	Step Aerobic Jessi	
14:00		14:00		14:00		14:00		14:00		12:00		
15:00		15:00		15:00		15:00		15:00		13:00		Fitness Yoga Nok
16:00		16:00		16:00		16:00		16:00		14:00		
17:00		17:00	Golf meets Fitness Natascha	17:00	Intervall Training Natascha	17:00		17:00	HIIT Zirkel Justin			
18:00	Golf Gymnastik Sean	18:00		18:00	Core *** Natascha	18:00	Fitness-Yoga-Flow Antje	18:00				
19:00		19:00		19:00	Yoga York	19:00		19:00				
20:00	Golf Gymnastik Sean	20:00	athletic360 Artur	20:00	Step Aerobic Jessi	20:00	BBP Justin	20:00				

Anfänger
mittleres Fitnesslevel
Fortgeschrittene
Sportartsspezifisch