

Stundenplan

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
16:00 – 16:45			Pilates		ABS
16:30 – 17:15	Pilates				
17:00 – 17:45		In Shape	Pilates	In Shape	Full Bodyworkout
17:30 – 18:15	Pilates				
18:00 – 18:45		In Shape	Cardio / HIIT	In Shape	
18:30 – 19:15	In Shape & BBP Beach				
19:00 – 19:45		Men Fitness	Aerobics mit Sabine	Men Fitness	
19:30 – 20:15	Men Fitness				