

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00- 09:30 BODY & SOUL	09:00- 09:30 RÜCKENFIT	09:00- 09:30 WOD		09:00- 09:30 AEROBIC		10:00- 10:45 COMBAT
09:45 - 10:15 CORE	09:45 - 10:30 COMBAT			09:45 - 10:15 CORE		11:00 - 11:45 PUMP
17:00 - 17:30 RÜCKENFIT	17:00 - 17:30 CORE	17:00 - 17:30 WOD	17:00 - 17:30 RÜCKENFIT			
17:45 - 18:30 COMBAT	17:45 - 18:15 GRIT	17:45 - 18:15 CORE	17:45 - 18:30 COMBAT			
18:45 - 19:15 WOD		18:30 - 19:00 BODY & SOUL	18:45 - 19:15 GRIT			