

Uhrzeit	Montag	Dienstag	Mitwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00	Body Workout Sebastian (09:30)	Mobility Isabella (09:00)	Hot Iron Samira	Functional Workout Isabella (09:30)	Physio Sebastian (09:30)		
10:00	Rückenschule Sebastian (10:30)		Yin Yan Yoga (75 min) Samira		Hot Iron 2 Sebastian (10:30)		
11:00							Intervall Workout Samira
12:00							Hot Iron 2 Samira
13:00							
14:00							
15:00							
16:00							
17:00				Tabata Nikolai	Rückengym Yvonne		
18:00	Iron Cross Karin	Hot Iron 2 Samira	BBP Corinna	Salsa Fit Evelyn	Athletik Workout Yvonne		
19:00	Rückengym Karin	Yin Yan Yoga (75 min) Samira	Yoga (90 min) Corinna	Iron Cross Asli			

