

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
10:00-10:30 J's Functional Circle		10:00-10:30 J's Functional Circle		10:00-11:00 Pilates	
10:35-11:05 Mobility		10:30-11:05 Mobility			
	17:45-18:25 J's Functional Circle		17:45-18:15 HIIT Circle	17:15-17:45 Core	
18:00-18:30 Functional Core		18:00-19:00 Core	18:20-18:50 Bauch Intensiv		
18:30-19:00 Stretching	18:30-19:10 HIIT				
19:30-20:15 Sivananda Yoga Kraft & Energie	19:15-19:45 Mobility	19:00-20:00 Stretching	19:00-19:30 J's Functional Circle		
20:20-21:05 Sivananda Yoga Relax					

Farbliche Raumerklärung

-  Kursraum
-  Functional Area