

**Montag**

**Dienstag**

**Mittwoch**

**Donnerstag**

**Freitag**

**Samstag**

10:00-10:30  
J's Functional  
Circle

10:00-10:30  
Mobility

10:00-11:00  
Pilates

10:35-11:05  
Mobility

10:35-11:05  
J's Functional  
Circle

18:30-19:00  
Core

17:45-18:25  
J's Functional  
Circle

17:45-18:15  
HIIT Circle

17:15-17:45  
Core

19:15-20:15  
Cycling

18:30-19:10  
HIIT

18:00-18:30  
Core

18:20-18:50  
Bauch Intensiv

19:00-19:30  
J's Functional  
Circle

19:30-20:15  
Sivananda  
Yoga  
Kraft & Energie

19:15-19:45  
Mobility

18:30-19:00  
Stretching

19:15-20:15  
Cycling

20:20-21:05  
Sivananda  
Yoga Relax

**Farbliche Raumerklärung**

-  Kursraum
-  Functional Area
-  Cyclingraum