

| Montag                                              | Dienstag                                | Mittwoch                                | Donnerstag                                  | Freitag                       | Samstag |
|-----------------------------------------------------|-----------------------------------------|-----------------------------------------|---------------------------------------------|-------------------------------|---------|
| 10:00-10:30<br>J's Functional<br>Circle             |                                         | 10:00-10:30<br>Mobility                 |                                             | 10:00-11:00<br>Pilates        |         |
| 10:35-11:05<br>Mobility                             |                                         | 10:35-11:05<br>J's Functional<br>Circle |                                             |                               |         |
| 18:30-19:00<br>Core                                 | 17:45-18:25<br>J's Functional<br>Circle |                                         | 17:45-18:15<br>HIIT Circle                  | 16:00-16:45<br>J's Functional |         |
|                                                     |                                         |                                         | 18:20-18:50<br>Bauch Intensiv               | 16:55-17:25<br>Core           |         |
| 19:15-20:15<br>Cycling                              | 18:30-19:10<br>HIIT                     | 18:00-18:30<br>Core                     | 19:00-19:30<br>J's Functional<br>Circle     |                               |         |
| 19:30-20:15<br>Sivananda<br>Yoga<br>Kraft & Energie | 19:15-19:45<br>Mobility                 | 18:30-19:00<br>Stretching               | 19:30-20:00<br>Strala Yoga<br>Strong        |                               |         |
| 20:20-21:05<br>Sivananda<br>Yoga Relax              |                                         | 19:15-20:15<br>Cycling                  | 20:10-20:40<br>Strala Yoga<br>Relax-Express |                               |         |

**Farbliche Raumerklärung**



Kursraum



Functional Area



Cyclingraum