



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7 Uhr							
8 Uhr			Jumping 07:30 - 08:30 Theresa Klein		Jumping 07:30 - 08:30 Theresa Klein		
9 Uhr							
10 Uhr			Vitaler Rücken 09:30 - 10:30 Christiane Wirth			BBOP 09:30 - 10:30 Clara Luederwaldt	
11 Uhr		Balance Workout 10:30 - 11:30 Jane Seibert-Vollet			Pilates & Faszien 10:30 - 11:30 Jane Seibert-Vollet	Jumping 10:30 - 11:30 Anne-Catherine Schaefer	
12 Uhr		BBOP 11:30 - 12:30 Jane Seibert-Vollet		Jumping 11:30 - 12:30 Elena Vieten	Fitness Workout 11:30 - 12:30 Jane Seibert-Vollet	TH-Fit 11:30 - 12:30 Filiz Halbig	deepWORK 11:30 - 12:30 Senay Daglioglu
13 Uhr						TH-Combat 12:30 - 13:30 Filiz Halbig	Body Workout & BBOP 12:30 - 13:30 Senay Daglioglu
14 Uhr							Jumping 13:30 - 14:30 Elena Vieten
15 Uhr							Dance Workout 14:30 - 15:30 Elena Vieten
16 Uhr							Punch the Beat 15:30 - 16:30 Elena Vieten
17 Uhr							
18 Uhr		Power-Bauch & Rückenfit 17:30 - 18:30 Elena Vieten	Jumping 17:30 - 18:30 Rebecca Paul	Kung Fu Kids ab 7 Jahre 17:30 - 18:30 Michael Caputo			Jumping 17:30 - 18:30 Nicole Bauscher
19 Uhr	Jumping 18:30 - 19:30 Janina Romann	Jumping 18:30 - 19:30 Damaris Gaba-Lozancic	Cardio-Box-Workout 18:30 - 19:30 Sarah Hennefarth	Jumping 18:30 - 19:30 Claudia Hildenbrand	Jumping Extreme 18:30 - 19:30 Viola Horn		
20 Uhr	Jumping 19:30 - 20:30 Clara Cornel	Punch the Beat 19:30 - 20:30 Elena Vieten	Jumping 19:30 - 20:30 Sarah Hennefarth	Kick?n?Punch 19:30 - 20:30 Elena Frank	Jumping 19:30 - 20:30 Daniel Duerr		
21 Uhr		Dance Workout 20:30 - 21:30 Elena Vieten		Jumping 20:30 - 21:30 Kira Jacob			
22 Uhr							