

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	Zeit
7:00								7:00
7:15								7:15
7:30					CircleTraining			7:30
7:45					7:15 - 8:15			7:45
8:00								8:00
8:15		FitnessYoga Tatjana		FitnessYoga Tatjana				8:15
8:30		8:00 - 9:00		8:00 - 9:00				8:30
8:45					Yoga			8:45
9:00			Galileo & Kurs Kay		8:30 - 9:45			9:00
9:15			7:30 - 11:30					9:15
9:30								9:30
9:45								9:45
10:00								10:00
10:15								10:15
10:30	Galileo & Kurs Kay	Wing Tsun Escrima		Wing Tsun Escrima	Galileo & Kurs Kay	Extern	Galileo & Kurs Kay	10:30
10:45	7:30 - 14:00	10:00 - 11:30		10:00 - 11:30	10:00 - 11:30		9:00 - 13:00	10:45
11:00								11:00
11:15								11:15
11:30						Fitness Boxen		11:30
11:45			Bauch-Beine-Rücken-Po		Bauch-Beine-Rücken-Po	11:00 - 12:00		11:45
12:00			11:30 - 12:30		11:30 - 12:30			12:00
12:15						Fitness Boxen		12:15
12:30						12:00 - 13:00		12:30
12:45								12:45
13:00		Galileo & Kurs Kay						13:00
13:15		11:30 - 15:00			LunchYoga Tatjana I			13:15
13:30					13:00 - 14:00			13:30
13:45				Galileo & Kurs Kay		Wing Tsun Escrima		13:45
14:00				11:30 - 16:30		13:30 - 15:00		14:00
14:15			Galileo & Kurs Kay					14:15
14:30			12:30 - 16:30		LunchYoga Tatjana II			14:30
14:45					14:15 - 15:15			14:45
15:00						Sparring		15:00
15:15						15:00 - 16:00		15:15
15:30								15:30
15:45								15:45
16:00								16:00
16:15								16:15
16:30					Wing Tsun Escrima			16:30
16:45		Fitness Boxen	Wing Tsun Kids	Wing Tsun Kids	16:00 - 17:15			16:45
17:00		16:30 - 17:30	16:30 - 17:30	16:30 - 17:30				17:00
17:15								17:15
17:30	Yoga				Fighter Fitness			17:30
17:45	17:00 - 18:15	Pilates			17:15 - 18:15			17:45
18:00		17:30 - 18:30						18:00
18:15			Extern	Wing Tsun Escrima				18:15
18:30	Olymisches Boxen			17:45 - 19:00				18:30
18:45	18:15 - 19:30							18:45
19:00		Fitness Boxen			Extern			19:00
19:15		18:30 - 19:30					Yoga	19:15
19:30			Zumba	FighterFitness			19:00 - 20:00	19:30
19:45			19:00 - 20:00	19:00 - 20:00				19:45
20:00	Galileo & Kurs Kay	Wing Tsun Escrima						20:00
20:15	19:30 - 21:00	19:30 - 21:00	Functional Fitness	Galileo & Kurs Kay	Galileo & Kurs Kay			20:15
20:30			20:00 - 21:00	20:00 - 21:30	20:00 - 21:30			20:30
20:45					<i>nur nach Absprache!</i>			20:45
21:00								21:00