

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------------------------------------------------|-------------------------------------------|----------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------------------------|-------------------------------|
| 8.15 -9.00 Wellfit/Bettina ☺ | | 9.00 -9.55 Wellfit/Bettina ☺ | | 8.30 -9.25 Pilates/Sani ☺ | | |
| 9.10 -9.55 Wellfit/Bettina ☺ | | 10.00 -10.55 Wellfit/Bettina ☺ | | 9.30 -10.15 Slim Step/Sani ☺ | | |
| 10.00 – 11.00 Les Mills Pump/ Natascha ☺ | | 15.00 -15.55 Dance Kids 3-5/ Sani | | 10.30 -11.30 Les Mills Pump/Sani ☺ | 9.30 -10.30 Les Mills Pump/ Fabienne ☺ | |
| | | 16.00 -16.55 Dance Kids 6- 10/ Sani | | | 10.45 – 11.00 Tabata/ Fabienne ☺ | 11.00 – 12.00 Cycling/Ralf |
| | | 17.00 -17.55 Dance Kids 6- 10/ Sani | 17.00 – 17.55 Yoga/Bettina ☺ | | | |
| 17.00 – 17.50 Shape up/Bettina ☺ | 17.00 – 17.55 Pilates/Bettina ☺ | | | 17.00 – 18.00 Les Mills Pump/ Helena ☺ | | |
| 18.00 – 19.00 Les Mills Pump/ Helena ☺ | 18.00 – 18.50 Step Choreo/ Tatajana | 18.10 – 19.10 Les Mills Pump/ Yvonne ☺ | 18.00 – 18.45 Slim Step/ Natascha ☺ | 16.00 – 19.00 Cycling/Leon | | |
| | | 18.00 – 19.00 Cycling/Sani | 18.45 – 19.00 Bauch/Natascha | | | |
| 19.10 – 20.00 Step Choreo/ Natascha | 19.00 – 20.00 Zumba/Tatjana ☺ | 19.15 – 20.00 Slim Fitness/ Helena ☺ | 19.10 – 20.10 Les Mills Pump/ Moni ☺ | | | ☺ Für Anfänger geeignet |
| 19.10 – 20.10 Cycling/Ralf | | | 18.00 – 19.00 Cycling/Jochen | | | |
| 20.00 – 20.15 Bauch/Natascha | 20.00 – 21.00 Yoga/Bettina | | | | | |