

| | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG |
|-------|-------------------------------------|------------------------------------|---|--------------------------------------|---|----------------|
| 06:30 | | FUNCTIONAL Eder | | FUNCTIONAL Eder | | |
| 09:00 | INDOOR CYCLING Eder | PILATES Judith | RÜCKEN & BLACKROLL Andrea | CYCLING & BALANCE Eder | RÜCKEN & BLACKROLL Andrea | |
| 18:00 | FUNCTIONAL Patrik | | Raum 2 FUNCTIONAL Patrik | | | |
| 18:25 | | | Raum 1 ZUMFIT Saskia | INDOOR CYCLING Eder | | |
| 19:00 | INDOOR CYCLING `75 Corsin | | | | | |
| 19:30 | | TAE BAO Marco | | | | |
| 20:30 | | BAUCH / BEINE / PO Marco | | | | |