

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
						10:30 - 11:30 Spinning <small>Pause vom 15.12.19-15....</small>
				16:30 - 17:30 Total Body Workout		
18:00 - 19:00 Zumba	18:00 - 18:30 X-Burn	18:00 - 19:00 Total Body Workout	18:30 - 19:30 Zumba			
19:00 - 20:00 Spinning	18:45 - 19:30 TRX	19:00 - 20:00 Spinning	19:45 - 20:30 TRX			