

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
 Queenax Functional Fitness by Precor +/- 50 09.30 - 10.30				BBRP Bauch • Beine • Rücken • Po  BODYFORMING Funktionelles Training 09.30 - 10.30
	<u>Bauch intensiv</u> pimp your abs 18.00 - 18.45		 SPINNING. 18.00 - 19.00	
 Queenax Functional Fitness by Precor Force Training 19.00 - 19.50	 TRX SUSPENSION TRAINING 19.00 - 19.50	 Power Yoga 19.00 - 20.00	 SPINNING. 19.15 - 20.15	
 ZUMBA fitness 19.15 - 20.15		 Queenax Functional Fitness by Precor +/- 50 19.30 - 20.30	 BODYLIFE 19.15 - 20.15	
 TRX SUSPENSION TRAINING 20.00 - 20.50				