

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9.00 - 10.00 SYPOBA ® 1			10.15 - 11.00 Gesundes Krafttraining	10.00 - 11.00 SYPOBA ® 1	9.15 - 10.10 Pilates
12.15 - 13.10 Pilates	12.15 - 13.10 Pilates	12.15 - 13.10 Pilates		12.15 - 13.10 Pilates	10.30 - 11.25 Pump/ Langhanteltraining
18.15 - 19.10 Pump/ Langhanteltraining	18.15 - 19.15 Rücken & Rumpf	18.15 - 19.15 SYPOBA ® 1	18.00 - 18.55 Pump/ Langhanteltraining	18.00 - 19.00 Selbstverteidigung	
19.15 - 20.15 SYPOBA ® 1	19.15 - 20.15 Yoga	19.15 - 20.10 Functional Training	19.15 - 20.15 SYPOBA ® 2		
20.20 - 21.20 SYPOBA ® 2					