

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