

Zeit	Montag	Dienstag	Mittwoch	Donnerstag
18:00 h	TRX/Yab meets Cardio			
18:15 h			Body needs forming „was uns gut tut“	
18:30 h		Deepwork		Body needs forming „Nach der Tageslaune der Trainerin“
19:00 h	Body needs forming			
19:15 h			Body needs forming „all we want“	
19:45 h		Spinning		