Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
Outdoor Arena	Grillplatz-Spinning	Ascheplatz-Zelt	Outdoor Arena	Grillplatz-Spinning	Ascheplatz-Zelt	Outdoor Arena	Grillplatz-Spinning	Ascheplatz-Zelt	Outdoor Arena	Grillplatz-Spinning	Ascheplatz-Zelt	Outdoor Arena	Grillplatz-Spinning	Ascheplatz-Zelt	Outdoor Arena	Grillplatz-Spinning	Ascheplatz-Zelt	Outdoor Arena	Grillplatz-Spinning	Ascheplatz-Zelt
		8.45-9.30 Body Styling Tarik			8.45-9.30 Yoga Fitness Claudia			8.45-9.30 Rückenfitness Angela												
9.00-9.45 Rückenfitness Friedl			9.00-9.45 Aerofunfitness Annemarike			9.00-9.45 Total Body Workout Beate			9.00-9.45 Uhr Faszientraining Angela			9.00-9.45 Rücken-gymnastik Melanie								
	9.15-10.00 Spinning Wolfgang						9.15-10.00 Spinning Wolfgang													
		9:45-10:45 Dehnen& Stretchen Tarik ab 25.05.			8.45-9.30 Rückenfitness Claudia									9.45-10.30 Fatburner Tanja							
10.00-10.45 Fitness-gymnastik Lena			10.00-10.45 Fitness-gymnastik Lena			10.00-10.45 Boby Balance Anja						10.00-10.45 WS-Gymnastik Marlis			10.00-10.45 Fitness Yoga Sandra			10.00-10.45 Body Weight Aura		
																			10.15-11.00 Spinning Carmen	
					10.45-11.30 Uhr QiGong Jian									10.45-11.30 Pilates Tanja							
11.00-11.45 Pilates Melanie																		11:00-11:45 Deep Work Andrea		
																11.15-12.00 Spinning Carmen ab 30.05.				
															12.00-12.45 Functional Training Uli					
															14.00-14.45 Fit Aero Bodyburner Anne					
17.00-17.45 Fitness Total Eva						17.00-17.45 Rückenfit Eva														
															15.00-15.45 Total Body Workout Brigitte					
					17.45-18.30 Aerofunfitness Helen			17.45-18.30 QiGong Jian													
18.00-18.45 Functional Training Nick		17.45-18.30 Rückenbalance Sandra	18.00-18.45 Körperkult Tanja			18.00-18.45 Bew. Training Marion				18.15-19.00 Spinning Carmen		18.00-18.45 Functional Training Nick								
	18.15-19.00 Spinning Sven			18.15-19.00 Spinning Gaby			18.15-19.00 Spinning Uli						18.15-19.00 Spinning Wolfgang							
					18.45-19.30 Cross Training Tarik			18.45-19.30 Kombi Body Power Tatjana			18.45-19.30 Rückenfitness Yoka									
19.00-19.45 Fitness-gymnastik Yoka		18.45-19.30 Intervall Mix Anne	19.00-19.45 Pilates Tanja			19.00-19.45 Latino Dance Nelly						19.00-19.45 Cross Training Uli								
	19.15-20.00 Spinning Sven			19.15-20.00 Spinning Carmen			19.15-20.00 Spinning Olaf			19.15-20.00 Spinning Gaby										
20.00-20.45 Aroha Melanie			20.00-20.45 Fitness-gymnastik Angela Wagner			20.00-20.45 DeepWork Andrea			20.00-20.45 Uhr Körperkult Aura											
			20:00-20:45 Calisthenics Tarik im Outdoor Gym ab 26.05.						20:00-20:45 Movement Tarik im Outdoor Gym ab 28.05.											