

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
Zeit / Raum	KR1	KR2	KR1	KR2	KR1	KR2	KR1	KR2	KR1	KR2	KR1	KR2	KR1	KR2
8:00														
9:00	INJOY BODY FORM						INJOY PILATES		INJOY RÜCKEN					
10:00		INJOY CYCLING	INJOY RÜCKEN		INJOY BODY PUMP		INJOY AEROBIC		STRETCH					
11:00	INJOY RÜCKEN		INJOY STEP		FLEXIPOWER						INJOY CYCLING		INJOY BODY PUMP	
12:00														
16:00														
17:00			MAXX F											
18:00	INJOY BODY FORM		INJOY RÜCKEN		INJOY ABNEHMEN		ZUMBA	INJOY CYCLING	INJOY PILATES					
19:00	INJOY STEP	INJOY CYCLING	INJOY BODY PUMP	FLEXIPOWER	INJOY BODY FORM	INJOY CYCLING	INJOY BODY PUMP		INJOY BODY PUMP					
20:00	INJOY BODY PUMP			INJOY CYCLING	ZUMBA		INJOY BODY VIVE							