

## MONTAG

## DIENSTAG

## MITTWOCH

## DONNERSTAG

## FREITAG

## SAMSTAG

## SONNTAG

POWER FLOW YOGA  
 10:00 - 11:00

BODY + MIND  
 10:00 - 10:45

WEEKEND YOGA FLOW  
 10:00 - 11:00

HIIT  
 10:00 - 10:30

CORE  
 10:35 - 11:05

BARBELL WORKOUT  
 18:00 - 18:55

BODY + MIND  
 11:10 - 12:00

CORE  
 19:00 - 19:30

ZUMBA  
 18:00 - 18:55

BARBELL WORKOUT  
 18:00 - 18:55

BARRE WORKOUT  
 18:00 - 19:00

STRONG NATION  
 17:30 - 18:25

HIIT  
 19:35 - 20:05

BRAZILIAN WORKOUT  
 19:00 - 19:55

HIIT  
 19:00 - 19:30

YIN YOGA  
 19:00 - 20:00

ZUMBA  
 18:30 - 19:25

YIN YOGA  
 20:05 - 21:05

STRETCHING  
 20:00 - 20:45

CORE  
 19:35 - 20:05

