

MONTAG				DIENSTAG				MITTWOCH				DONNERSTAG				FREITAG				SAMSTAG				SONNTAG				
≡ ○ ≡				≡ ○ ≡				≡ ○ ≡				≡ ○ ≡				≡ ○ ≡				≡ ○ ≡				≡ ○ ≡				
6	30	FITNESS		FITNESS		FITNESS		BACK		FITNESS		BACK		FITNESS		STRENGTH										6	30	
7	00	FITNESS		BACK		FITNESS		FITNESS		FITNESS		ALPHA — OMEGA		BACK		STRENGTH											7	00
	15		ALPHA — OMEGA			STRENGTH			METABOLIC																		7	15
	30																										7	30
	45																										7	45
8	00	BACK		FITNESS		BURN		STRONG		FITNESS		STRENGTH BASIC		BURN				FITNESS		STRENGTH		FITNESS		ALPHA — OMEGA		8	00	
	15	FITNESS		BURN				YOGA		BACK				FITNESS		PILATES		BACK		PILATES		BURN		YOGA		ALPHA — OMEGA	8	15
	30	BACK								FITNESS		METABOLIC						FITNESS		HURRICANE		FITNESS		STRENGTH		8	30	
	45	FITNESS	PILATES	FITNESS				QIGONG & BREATH-WORK		FITNESS		BURN		FITNESS		HURRICANE		BURN		strongHER		FITNESS		KamiBo™		STRENGTH	8	45
9	00									BACK		BACK		BACK		ALPHA — OMEGA		BACK		ALPHA — OMEGA		BACK		METABOLIC			9	00
	15	BABY				METABOLIC		FITNESS		FITNESS		PILATES		FITNESS		ALPHA — OMEGA		FITNESS		YOGA		FITNESS		PILATES		METABOLIC	9	15
	30																										9	30
	45																										9	45
10	00					ALPHA — OMEGA		BABY		BACK				BABY				BACK		YOGA		BACK		PILATES		ALPHA — OMEGA	10	00
	15		PRÄNATAL	STRENGTH BASIC						FITNESS								FITNESS		METABOLIC		FITNESS					10	15
	30	POSTNATAL																									10	30
	45																										10	45
11	00	FITNESS				STRONG		BACK						FITNESS													11	00
	15	BACK												BACK													11	15
	30	FITNESS		FITNESS						STRENGTH BASIC				FITNESS													11	30
	45													BURN													11	45
12	00	BURN						FITNESS																			12	00
	15	BACK						BACK																			12	15
	30																										12	30
	45																										12	45
13	00	FITNESS		FITNESS						STRENGTH BASIC				FITNESS													13	00
	15																										13	15
	30																										13	30
	45													BURN													13	45
14	00	BURN						FITNESS																			14	00
	15																										14	15
	30	BACK						BACK						BACK													14	30
	45																										14	45
15	00											BABY		FITNESS										STRONG	METABOLIC		15	00
	15																										15	15
	30	FITNESS		ALPHA — OMEGA	FITNESS			BACK				FITNESS		ALPHA — OMEGA		STRONG	STRENGTH										15	30
	45																										15	45
16	00	FITNESS		FITNESS				FITNESS		PILATES		BACK		BACK									BACK		ALPHA — OMEGA		16	00
	15	BACK		BACK		ALPHA — OMEGA		BURN				FITNESS		STRENGTH		FITNESS	ALPHA — OMEGA					FITNESS				16	15	
	30		YOGA	STRENGTH	FITNESS					strongHER		BACK				deepWORK™	METABOLIC					BURN		PILATES	STRENGTH		16	30
	45	BURN						FITNESS				BURN		ALPHA — OMEGA													16	45
17	00			ALPHA — OMEGA	BURN			BACK		YOGA		BACK		PILATES													17	00
	15	FITNESS		BACK																							17	15
	30	BACK	KamiBo™		BACK			FITNESS				FITNESS										BACK					17	30
	45			STRENGTH	FITNESS			BACK				BACK		METABOLIC		BURN						FITNESS					17	45
18	00	FITNESS		ALPHA — OMEGA				BACK		YOGA		BACK		PILATES													18	00
	15	BACK		BACK																							18	15
	30	FITNESS		STRENGTH	FITNESS			BACK				BACK		METABOLIC													18	30
	45	PILATES		METABOLIC	STRONG			FITNESS				FITNESS															18	45
19	00		DANCE JAM									BACK		DANCE LATIN													19	00
	15																										19	15
	30																										19	30
	45																										19	45
20	00																										20	00
	15																										20	15
	30																										20	30
	45																										20	45
21	00																										21	00
	15																										21	15