

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
			06:00 - 7:00 <b>Outdoor Fitness</b> Rheinpark			
09:00 - 10:00 <b>Fit-Mix</b> Sportstudio	9:00 - 9:45 <b>Reha-Sport</b> Sportstudio	09:00 - 10:00 <b>Outdoor Fitness</b> Rheinpark		09:00 - 10:00 <b>Outdoor Fitness</b> Rheinpark	09:00 - 10:00 <b>Outdoor Fitness</b> Entenfang	
					09:15 - 10:15 <b>Yoga &amp; Pilates</b> Sportstudio	
10:15 - 11:00 <b>Reha-Sport</b> Sportstudio		10:15 - 11:15 <b>Beckenboden, Po, Bauch</b> Sportstudio			10:25 - 11:25 <b>TRX Slingtrainer</b> Sportstudio	10:00 - 11:00 <b>Fatburner</b> Sportstudio
					10:30 - 11:30 <b>Motivationstreff</b> Abnehmstudio	
					11:30 - 12:30 <b>Fatburner</b> Sportstudio	
					12:40 - 13:40 <b>Latino-Dance</b> Sportstudio	
16:55 - 17:55 <b>Bauch &amp; Rücken Spezial</b> Sportstudio		17:00 - 18:00 <b>Bauch, Beine, Po</b> Sportstudio	16:45 - 17:45 <b>Step-Aerobic</b> Sportstudio	15:45 - 16:45 <b>Fatburner</b> Sportstudio		
		17:30 - 18:30 <b>Motivationstreff</b> Abnehmstudio		16:55 - 17:55 <b>Kettlebell</b> Sportstudio		
18:00 - 19:00 <b>Zumba</b> Sportstudio	18:00 - 19:00 <b>Zumba</b> Sportstudio	18:00 - 19:00 <b>TRX Slingtrainer</b> Sportstudio	18:00 - 19:00 <b>Zumba</b> Sportstudio	17:00 - 18:00 <b>Outdoor Fitness</b> Rheinpark		
	18:00 - 19:00 <b>Outdoor Fitness</b> Rheinpark			18:10 - 19:10 <b>TRX Slingtrainer</b> Sportstudio		
19:05 - 20:05 <b>TRX Slingtrainer</b> Sportstudio	19:05 - 20:05 <b>TRX Slingtrainer</b> Sportstudio	19:05 - 20:05 <b>Fatburner</b> Sportstudio	19:05 - 20:05 <b>Fit-Mix</b> Sportstudio			
20:10 - 21:10 <b>Fatburner</b> Sportstudio	20:10 - 21:10 <b>Fatburner</b> Sportstudio	20:10 - 21:10 <b>Bauch &amp; Rücken Spezial</b> Sportstudio	20:10 - 21:10 <b>Fatburner</b> Sportstudio			
						