

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---|---|---|---|---|---|---|
| Ballett Barre (open) 08:30 - 09:45 Sergey | Ballett Barre (open) 09:45 - 11:00 Maria | Forrest Yoga (open) 09:00 - 10:15 Nicola | Vinyasa flow (open) 09:30 - 10:45 Mira | WSG / Faszien (open) 10:00 11:15 Frank | Pilates (open) 09:00 - 10:00 Alena / Sergey | Ashtanga Yoga (2-3) 10:15 - 11:45 Gigi |
| | | Pilates (open) 10:30 - 11:30 Maja | | | Ballett Barre (open) 10:15 - 11:15 Alena / Sergey | Cross Circle 11:00 - 11:45 Lioba |
| Yin Yang Yoga (open) 17:00 - 18:00 Bea | Pilates (open) 17:00 - 18:00 Adriana | Pilates (open) 17:00 - 18:00 Kim | Pilates (open) 17:00 - 18:00 Adriana | Flow & Restore (open) 16:45 - 18:00 Carol | Vinyasa flow (2) 11:30 - 13:00 Nadja | Ballett Barre (open) 12:00 - 13:15 Jana |
| Deepwork (open) 18:15 - 19:15 Teemu | Fatburner intensity (open) 18:15 - 19:15 Sergey | Cross Circle (open) 18:15 - 19:00 Fl Teemu | Cross Circle (2-3) 18:15 - 19:15 Fl Francesca | Cross Circle (open) 17:00 - 17:45 Lioba | Dance mix (open) 15:00 - 16:15 Jana | Vinyasa (open) 16:30 - 18:00 Lena / Jessica |
| Forrest Yoga (open) 19:30 - 20:45 Nicola | Yin Yoga (open) 19:30 - 20:45 Kati / Sarah | Power Yoga (2) 18:15 - 19:15 Margrit | Vinyasa focus flow (open) 18:15 - 19:45 Nadja | Pilates und Stretching (open) 18:15 - 19:15 Alena | Feel good flow (open) 16:30 - 18:00 Carol | |
| | | Restorative Yoga (open) 19:30 - 20:45 Carol | | | | |