Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 - 10:00 **Best Body Workout**	09:15 - 10:30 **Yoga Flow**	09:00 - 10:30 **RückenFit**	10:00 - 11:00 **BodyStyling**	09:00 - 10:00 **Hot Iron®**	10:15 - 11:15 **Vinyasa Yoga**	11:00 - 12:00 **Mobility & Power**
10:15 - 11:15 **Pilates & Rücken**	17:00 - 18:00 **Body Complete**	18:00 - 19:00 **Pilates & Rücken**	17:30 - 18:30 **RückenFit**	10:00 - 10:55 **Pilates**	10:30 - 11:30 **Langhantel Workout**	12:00 - 13:00 **HIIT**
18:30 - 19:30 **HIIT**	18:00 - 18:55 **Faszien Fit**	18:30 - 19:30 **deepWORK®**	18:30 - 19.30 **Pilates**	11:00 - 12:15 **Yoga Flow**	11:20 - 12:20 **Yoga**	13:00 - 14:00 **Zumba®**
19:00 - 20:15 **Yoga Flow**	18:00 - 19:00 **Yoga Flow**	19:00 - 20:15 **YinYoga**	18:30 - 19:30 **Zumba®**	17:30 - 18:30 **deepWORK®**	11:30 - 12:30 **Best Body Workout**	
19:00 - 20:15 **Bodega Moves**	19:00 - 20:00 **STRONG® Nation**	19:30 - 20:30 **BodyFit H.I.I.T.**		18:30 - 19:30 **Bodega Moves**		

KURSPLAN

FRANKFURT - RÖDELHEIM