

| | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SONNTAG |
|-----------------|------------------------------|------------------------------|---|--------------------------------|---|---|
| 06.00-07.00 UHR | 06.25-06.55 MOBILITY&CORE | | CARDIO KURS 06.25-06.55 MOBILITY&CORE | | CARDIO KURS 06.25-06.55 MOBILITY&CORE | |
| 07.00-08.00 UHR | BASE.POWER | KRAFT & TECHNIK | BASE.POWER KRAFT & TECHNIK | KRAFT & TECHNIK 08.00-09.00 | BASE.POWER KRAFT & TECHNIK | |
| 09.00-10.00 UHR | BASE POWER | BASE | BASE.POWER | CARDIO KURS BASE.POWER | POWER | 09.15-09.45 MOBILITY&CORE ODER YOGA |
| 10.00-11.00 UHR | FIT MOMS (45MIN) | BEST AGER | FIT MOMS (45MIN) | | BASE | BASE.TEAM |
| 11.00-12.00 UHR | | POWER 12.00-12.30 | | | FIT MOMS (45MIN) | TEAM |
| 15.30-16.30 UHR | YOUTH.TEAM (10-15 JAHRE) | MOBILITY&CORE | | | POWER | |
| 16.30-17.30 UHR | BASE POWER | BASE LAUFTREFF | BASE POWER | BASE | BASE | |
| 17.30-18.30 UHR | TEAM KRAFT & TECHNIK | LAUFKURS (ANFÄNGER) POWER | CARDIO KURS GYMNASTIK&CORE | POWER | CARDIO/ WETTKAMPF | |
| 18.30-19.30 UHR | BASE YOGA | BASE KRAFT & TECHNIK | BASE YOGA | BASE | | |
| 19.30-20.30 UHR | BASE.TEAM | CARDIO/ WETTKAMPF | TEAM | KRAFT & TECHNIK | | |
| 20.30-21.30 UHR | BASE.POWER | | BASE.POWER | | | |
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