

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:30-11:25 BOP BTV-SP KH2	11:05-12:05 Pilates BTV-SP KH2	9:00-9:30 Les Mills Core BTV-SP KH2	10:00-11:00 Funktionelles Training BTV-SP Synrgy	9:30-10:25 Rücken/Bauch BTV-SP KH2	9:15-10:45 Yoga BTV-SP KH2	10:00-10:30 Body Balance Flexibilität BTV-SP KH2
11:30-12:30 Rücken Fit BTV-SP KH2	17:00-17:55 Pilates BTV-SP KH1	9:35-10:35 Body Pump BTV-SP KH2	10:30-11:30 WSG BTV-SP KH 2	10:00-11:00 Funktionelles Training BTV-SP Synrgy	10:00-11:00 Funktionelles Training BTV-SP Synrgy	10:35-11:35 Body Pump BTV-SP KH2
18:30-19:30 Funktionelles Training BTV-SP Synrgy	18:30-19:20 Body Workout BTV-SP KH2	10:00-11:00 Jumping Fitness BTV-SP KH1	11:35-12:30 Aerobic BTV-SP KH 2	10:30-11:30 Yoga BTV-SP KH2	11:00-11:55 Indoor Cycling BTV-SP KH2	10:00-11:30 Cross&Core Training BTV-SP C&C
18:30-19:25 Rücken/Bauch BTV-SP KH1	18:00-18:55 Deep Work BTV-SP KH1	18:00-18:30 Les Mills Core BTV-SP KH2	18:00-19:25 Indoor Cycling BTV-SP KH2	17:00-17:55 Jumping Fitness BTV-SP KH1	12:00-13:00 Indoor Cycling BTV-SP KH2	11:30-12:30 Cross&Core Training BTV-SP C&C
19:05-19:20 Bauch-Express BTV-SP KH2	19:30-20:45 Yoga BTV-SP KH2	18:00-18:55 WSG BTV-SP KH1	18:30-19:30 LMI Step BTV-SP KH 1	18:00-19:00 Pilates BTV-SP KH1	14:00-14:55 Step I-II BTV-SP KH2	
19:25-20:25 LMI Step BTV-SP KH2		18:30-19:30 Funktionelles Training BTV-SP Synrgy	19:30-20:25 Step I-II BTV-Sp KH2	18:00-18:30 Les Mills Core BTV-SP KH2	15:00-16:00 BOP BTV-SP KH2	
19:30-20:30 Fit Fighting BTV-SP KH1		19:40-20:40 Body Balance BTV-SP KH2	20:30-21:30 BOP BTV-SP KH2	19:00-20:30 Stabilität und Kraft BTV-SP C&C		
19:30-20:30 Funktionelles Training BTV-SP Synrgy		19:00-20:00 Cross&Core Training BTV-SP C&C	19:35-20:35 Five Gym BTV-SP KH1			
20:30-21:30 Indoor Cycling BTV-SP KH2			20:00-21:00 Cross&Core Training BTV-SP C&C			

BTV-SP: BTV Sportpark Badorf

KH: Kurshalle

C&C: Cross&Core Box

