

**MO**  
07:00 – 22:30

**DI**  
08:00 – 22:30

**MI**  
08:00 – 22:30

**DO**  
07:00 – 22:30

**FR**  
08:00 – 22:30

**SA**  
09:00–20:00

**SO**  
09:00 – 21:00

### VORMITTAG

**A 08:45-10:00**  
Qi Gong

**S 08:50-09:30**  
**AQUA**  
Training

**B 09:00-10:00**  
WBS

**A 09:00-10:00**  
Pilates

**B 09:00-10:15**  
Yoga

**B 09:45-10:45**  
ZUMBA

**B 09:30-10:30**  
LES MILLS  
BODY PUMP

**B 08:30-9:30**  
ZUMBA

**B 10:00-11:15**  
Yoga

**S 10:00-10:45**  
**AQUA**  
Training

**B 10:15-11:00**  
WBS

**B 10:45-11:30**  
BODY  
STYLING

**B 10:45-11:45**  
Special Workout

**B 10:00-11:00**  
WBS

**B 09:30-10:15**  
BODY  
STYLING

**S 11:15-12:00**  
**AQUA**  
Training

**B 11:00-12:00**  
BODY  
STYLING

**B 10:15-11:00**  
WBS

**S 10:45-11:30**  
**AQUA**  
Training

### NACHMITTAG/ABEND

**B 17:45-18:45**  
LES MILLS  
BODY PUMP

**B 17:30-18:30**  
Faszien Flow

**C 15:30-16:00**  
LES MILLS  
CXWORX

**B 18:00-19:00**  
LES MILLS  
BODY PUMP

**A 18:00-19:15**  
Yoga

**B 16:00-17:00**  
ZUMBA

**A 18:00-19:00**  
Pilates

**B 18:30-19:30**  
BODY  
STYLING

**B 19:00-20:00**  
ZUMBA

**S 19:15-20:00**  
**AQUA**  
Training

**B 18:15-19:15**  
LES MILLS  
BODY PUMP

**B 17:00-18:00**  
Pilates

**A 19:00-19:30**  
Stretch & Relax

**A 19:00-20:15**  
Yoga

**S 19:15-20:00**  
**AQUA**  
Training

**B 20:15-21:00**  
BODY  
STYLING

**B 18:00-19:00**  
BODY  
STYLING

**B 19:15-20:15**  
BODY  
STYLING

**B 19:30-20:00**  
WBS  
EXPRESS

**B 20:00-21:00**  
BODY  
STYLING

**S 19:15-20:00**  
**AQUA**  
Training

**B 20:00-20:30**  
BBP  
EXPRESS

 = virtueller Kurs im Studio C  Diese Kurse werden auch online übertragen.

**A** = Studio A (OG) **B** = Studio B (UG) **C** = Virtueller Kursraum (UG)  
Bei ALLEN Kursen **Reservierung** per MySportsApp, Homepage oder Telefon erforderlich. Für die Teilnahme ist ein **großes** Handtuch erforderlich.

Kurzfristige Änderungen vorbehalten.

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Plan gültig ab: 03.07.2021