

**FREITAG 24.11.2017: BLACK FRIDAY - MIT EINEM GUTSCHEIN 6 STUDIOS TESTEN!**
**Öffnungszeiten**
**07:00 - 23:00**
**07:00 - 23:00**
**09:00 - 23:00**
**08:00 - 23:00**
**08:00 - 23:00**
**06:30 - 22:00**
**BLACK  
FRIDAY**

 07:30 - 08:30  
Wake Up - Workout

 09:30 - 10:30  
Total Body Conditioning

 10:35 - 11:35  
Hatha Yoga

**BLACK  
FRIDAY**

 09:15 - 10:15  
Step

 10:15 - 11:15  
Bodystyling

 11:15 - 12:30  
Hatha Yoga

**BLACK  
FRIDAY**

 17:35 - 18:35  
Bodystyling

 18:40 - 19:40  
Step

 19:45 - 20:30  
Pilates

**BLACK  
FRIDAY**

 20:30 - 22:00  
Zumba©-Teamteaching

 Hop on/hop off Stunde  
Steige ein, wann Du willst

 16:15 - 17:00  
Zumba©

 17:00 - 17:45  
deepWork™

 17:45 - 18:30  
Pilates

 18:30 - 19:15  
Step

 19:15 - 20:00  
Aerobic

 20:00 - 21:15  
Vinyasa Yoga

 16:00 - 17:15  
Vinyasa yoga

 17:30 - 18:00  
EasyStep

 18:00 - 19:00  
Bodystyling/Flexibar

 19:00 - 19:45  
Latin Dance

 19:45 - 20:30  
Bodystyling

 20:30 - 21:15  
bodyArt™

 21:15 - 22:00  
Pilates

 08:30 - 09:30  
WBS

 08:45 - 09:45  
Bodystyling

 09:50 - 10:50  
Step II

 09:55 - 10:55  
Indoor Cycling

 10:55 - 11:55  
Pilates

 17:00 - 18:00  
WBS

 17:00 - 18:00  
BODYPUMP

 18:05 - 18:55  
Bodystyling

 19:00 - 19:45  
Balance Trampolin

 19:50 - 20:35  
Zumba©

 20:40 - 21:40  
Hatha Yoga

 09:00 - 09:45  
Wirbelsäule

 09:00 - 10:20  
Hatha Yoga Vinyasa

 09:45 - 10:30  
Flexi bar

 19:30-20:00  
Yoga

 19:45-20:15  
Plyometrisches Training

 20:00 - 20:30  
Pezziball

 20:15-21:00  
Athletic Training

 20:15-20:45  
Aqua

 21:00-21:30  
Body Workout

 21:30 - 22:00  
Pilates

 09:00 - 09:55  
Pilates

 09:00 - 09:55  
Cycling

 10:00 - 11:25  
Vinyasa Yoga

 10:00 - 10:55  
Bodystyling

 17:30 - 18:25  
Bodystyling

 18:30 - 19:25  
Step III

 19:15 - 19:55  
TRX©