# Kursplan ab 1. August 2020

| Zeit | Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | Samstag | | Sonntag | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Space 1 | Space 2 | Space 1 | Space 2 | Space 1 | Space 2 | Space 1 | Space 2 | Space 1 | Space 2 | Space 1 | Space 2 | Space 1 | Space 2 |
| 08:30 | | | | | | | | | | | | | | |
| 08:45 | | | | | | | | | | Antara | | | | |
| 09:00 | | | | | | | | | | | | Pump | | Cardio and more... |
| 09:15 | | | | | | | | | | | | | | |
| 09:30 | | | | Rückenfit | | | | | | | | | | |
| 09:45 | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | |
| 10:15 | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | |
| 12:15 | | | | ab 18.08. FunTone45 | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | |
| 12:45 | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | Core | | | | |
| 17:15 | | | | | | | | | | | | | | |
| 17:30 | | | | | | TRX | | | | | | | | |
| 17:45 | | | | | | | | | | Balance 45 | | | | |
| 18:00 | | TRX | | bodyArt | | Antara | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | |
| 18:30 | | | | | | Pump 30 | | | | | | | | |
| 18:45 | | | | | | | | | | | | | | |
| 19:00 | Rückenfit | | | | | | | Ballet-Workout | | | | | | |
| 19:15 | | Pump | | deepwork | | Core | | | | | | | | |
| 19:30 | | | | Attack! | | HIIT Circuit | | | | M.A.X./ HIIT | | | | |
| 19:45 | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | |
| 20:15 | | Core | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | |
| 20:45 | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | |
| 21:15 | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | |