

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06.00	06.15 Bauch Beine Po 1 ** Short Cut (26 Min)	06.15 Total Body Workout 1 ** Short Cut (25 Min)	06.15 Bauch Beine Po 2 ** Short Cut (26 Min)	06.15 Total Body Workout 2 ** Short Cut (26 Min)	06.15 RückenFit 1 * Short Cut (26 Min)			06.00
07.00	07.15 RückenFit 1 * Short Cut (26 Min)	07.15 Bauch Beine Po 2 ** Short Cut (26 Min)	07.15 Total Body Workout 1 ** Short Cut (25 Min)	07.15 RückenFit 2 * Short Cut (25 Min)	07.15 Total Body Workout 2 ** Short Cut (26 Min)			07.00
08.00	08.15 Pilates 1 * Short Cut (28 Min)	08.15 RückenFit 3 * Short Cut (27 Min)	08.15 Pilates 2 * Short Cut (26 Min)	08.15 Bauch Beine Po 1 ** Short Cut (26 Min)	08.15 Pilates 3 * Short Cut (28 Min)	08.30 RückenFit 1 * Short Cut (26 Min)	08.30 Bauch Beine Po 1 ** Short Cut (26 Min)	08.00
09.00	09.15 Total Body Workout 1 ** Short Cut (25 Min)	09.15 Pilates 3 * Short Cut (28 Min)	09.15 Bauch Beine Po 1 ** Short Cut (26 Min)	09.15 Pilates 1 * Short Cut (28 Min)	09.15 RückenFit 2 * Short Cut (25 Min)	09.30 Pilates 2 * Short Cut (26 Min)	09.30 RückenFit 2 * Short Cut (25 Min)	09.00
10.00	10.15 RückenFit 2 * Short Cut (25 Min)	10.15 Bauch Beine Po 1 ** Short Cut (26 Min)	10.15 Total Body Workout 2 ** Short Cut (26 Min)	10.15 Bauch Beine Po 2 ** Short Cut (26 Min)	10.15 Bauch Beine Po 1 ** Short Cut (26 Min)	10.30 Bauch Beine Po 1 ** Short Cut (26 Min)	10.30 Pilates 1 * Short Cut (28 Min)	10.00
11.00	11.15 Vital Plus 2 * Short Cut (26 Min)	11.15 Vital Plus 1 * Short Cut (26 Min)	11.15 RückenFit 3 * Short Cut (27 Min)	11.15 RückenFit 4 * Short Cut (26 Min)	11.15 Vital Plus 2 * Short Cut (26 Min)	11.30 RückenFit 2 * Short Cut (25 Min)	11.30 Bauch Beine Po 2 ** Short Cut (26 Min)	11.00
12.00	12.15 Bauch Beine Po 2 ** Short Cut (26 Min)	12.15 Total Body Workout 1 ** Short Cut (25 Min)	12.15 Vital Plus 2 * Short Cut (26 Min)	12.15 Vital Plus 1 * Short Cut (26 Min)	12.15 RückenFit 4 * Short Cut (26 Min)	12.30 Total Body Workout 2 ** Short Cut (26 Min)	12.30 RückenFit 4 * Short Cut (26 Min)	12.00
13.00	13.15 RückenFit 4 * Short Cut (26 Min)	13.15 Bauch Beine Po 2 ** Short Cut (26 Min)	13.15 Total Body Workout 1 ** Short Cut (25 Min)	13.15 Bauch Beine Po 1 ** Short Cut (26 Min)	13.15 Total Body Workout 2 ** Short Cut (26 Min)	13.30 Vital Plus 2 * Short Cut (26 Min)	13.30 Total Body Workout 2 ** Short Cut (26 Min)	13.00
14.00	14.15 Total Body Workout 1 ** Short Cut (25 Min)	14.15 RückenFit 3 * Short Cut (27 Min)	14.15 RückenFit 1 * Short Cut (26 Min)	14.15 Total Body Workout 1 ** Short Cut (25 Min)	14.15 Bauch Beine Po 2 ** Short Cut (26 Min)	14.30 RückenFit 3 * Short Cut (27 Min)	14.30 Vital Plus 1 * Short Cut (26 Min)	14.00
15.00	15.15 Bauch Beine Po 2 ** Short Cut (26 Min)	15.15 Pilates 1 * Short Cut (28 Min)	15.15 Bauch Beine Po 1 ** Short Cut (26 Min)	15.15 Pilates 2 * Short Cut (26 Min)	15.15 Total Body Workout 1 ** Short Cut (25 Min)	15.30 Total Body Workout 1 ** Short Cut (25 Min)	15.30 RückenFit 1 * Short Cut (26 Min)	15.00
16.00	16.00 RückenFit 3 * Short Cut (27 Min)	16.00 Bauch Beine Po 1 ** Short Cut (26 Min)	16.00 Total Body Workout 2 ** Short Cut (26 Min)	16.00 Bauch Beine Po 2 ** Short Cut (26 Min)	16.00 RückenFit 3 * Short Cut (27 Min)	16.30 Pilates 3 * Short Cut (28 Min)	16.30 Total Body Workout 1 ** Short Cut (25 Min)	16.00
17.00	16.45 Pilates 2 * Short Cut (26 Min)	16.45 RückenFit 4 * Short Cut (26 Min)	16.45 Pilates 3 * Short Cut (28 Min)	16.45 Total Body Workout 2 ** Short Cut (26 Min)	16.45 Pilates 1 * Short Cut (28 Min)			17.00
18.00	17.30 Bauch Beine Po 1 ** Short Cut (26 Min)	17.30 Total Body Workout 1 ** Short Cut (25 Min)	17.30 Bauch Beine Po 2 ** Short Cut (26 Min)	17.30 Total Body Workout 1 ** Short Cut (25 Min)	17.30 RückenFit 1 * Short Cut (26 Min)	17.30 RückenFit 4 * Short Cut (26 Min)	17.30 Pilates 2 * Short Cut (26 Min)	18.00
19.00	18.15 Bauch Beine Po 2 ** Short Cut (26 Min)	18.15 Pilates 2 * Short Cut (26 Min)	18.15 Total Body Workout 1 ** Short Cut (25 Min)	18.15 Pilates 3 * Short Cut (28 Min)	18.15 Total Body Workout 2 ** Short Cut (26 Min)	18.30 Pilates 1 * Short Cut (28 Min)	18.30 RückenFit 3 * Short Cut (27 Min)	19.00
20.00	19.00 Pilates 3 * Short Cut (28 Min)	19.00 Total Body Workout 2 ** Short Cut (26 Min)	19.00 Bauch Beine Po 1 ** Short Cut (26 Min)	19.00 Ernährungsseminar ***	19.00 Bauch Beine Po 2 ** Short Cut (26 Min)	19.30 Bauch Beine Po 2 ** Short Cut (26 Min)	19.30 Pilates 3 * Short Cut (28 Min)	20.00
21.00	19.45 Total Body Workout 1 ** Short Cut (25 Min)	19.45 RückenFit 2 * Short Cut (25 Min)	19.45 Pilates 1 * Short Cut (28 Min)		19.45 Pilates 2 * Short Cut (26 Min)			21.00
22.00	20.30 RückenFit 1 * Short Cut (26 Min)	20.30 Bauch Beine Po 2 ** Short Cut (26 Min)	20.30 RückenFit 4 * Short Cut (26 Min)	20.00 Total Body Workout 1 ** Short Cut (25 Min)	20.30 RückenFit 1 * Short Cut (26 Min)	20.30 Total Body Workout 1 ** Short Cut (25 Min)	20.30 Bauch Beine Po 1 ** Short Cut (26 Min)	22.00
	21.15 Bauch Beine Po 1 ** Short Cut (26 Min)	21.15 Total Body Workout 1 ** Short Cut (25 Min)	21.15 Bauch Beine Po 2 ** Short Cut (26 Min)	20.45 Bauch Beine Po 2 ** Short Cut (26 Min)	21.15 Bauch Beine Po 1 ** Short Cut (26 Min)	21.30 RückenFit 3 * Short Cut (27 Min)	21.30 Total Body Workout 1 ** Short Cut (25 Min)	
	22.00 Total Body Workout 2 ** Short Cut (26 Min)	22.00 Bauch Beine Po 1 ** Short Cut (26 Min)	22.00 Total Body Workout 1 ** Short Cut (25 Min)	21.30 Total Body Workout 2 ** Short Cut (26 Min)	22.00 Total Body Workout 2 ** Short Cut (26 Min)	22.30 Bauch Beine Po 1 ** Short Cut (26 Min)	22.30 RückenFit 4 * Short Cut (26 Min)	

Die CyberCycling-Classes sind in 3 Technik-Level unterteilt, die sowohl farblich als auch durch Sternchen (*, ** oder ***) gekennzeichnet sind.