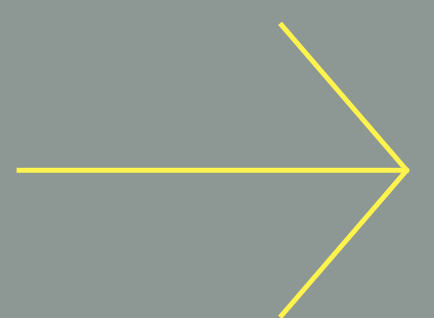


PLAN YOUR WORKOUT



COURSE
SCHEDULE



COURSES ON MONDAY

10.00–11.00 **MAMI FIT**

16.15–16.45 **HIIT-FIT EXPRESS**

17.00–17.45 **HIIT-FIT**

18.00–19.00 **BODYPUMP**

19.10–20.10 **FITNESS BOXEN**

19.10–19.40 **HIIT CYCLING**

COURSES ON TUESDAY

07.15–08.15	AT STRENGTH SPLIT A
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10.00–11.00	GESUND & FIT
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11.10–12.10	CYCLING
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16.45–17.45	AT STRENGTH A
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17.45–18.30	LM SHAPES
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18.15–18.45	LM CORE
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18.55–19.25	GRIT
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19.15–20.00	CYCLING
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20.10–21.00	VINYASA YOGA
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COURSES ON WEDNESDAY

10.00–11.00 **MAMI FIT**

16.15–16.45 **HIIT-FIT
EXPRESS**

17.00–17.45 **HIIT-FIT**

18.05–19.05 **BODYPUMP**

19.10–20.10 **FITNESS BOXEN**

19.15–20.00 **LM SHAPES**

COURSES ON THURSDAY

07.15–08.15

**AT STRENGTH
SPLIT B**

09.30–10.30

GESUND & FIT

16.45–17.45

**AT STRENGTH
SPLIT B**

18.15–19.15

BODYPUMP

18.45–19.15

HIIT CYCLING

19.20–20.05

BODYCOMBAT

COURSES ON FRIDAY

10.00–11.00 **CYCLING**

11.15–12.15 **MOBILITY
STRETCH**

16.15–16.45 **HIIT-FIT
EXPRESS**

17.00–17.45 **HIIT - FIT**

17.00–18.00 **FEEL GOOD
YOGA**

COURSES ON SATURDAY

10.00–11.00 **CYCLING**

10.30–11.30 **AT-FULL BODY**

14.30–15.15 **HIIT-FIT**

COURSES ON SUNDAY

09.30–10.30 **CYCLING**

11.00–12.00 **BODYPUMP**