

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00							
9:30			09:30 – 10:30 Step 1 Body Culture (BCG)		09:30 – 10:30 Pump! Body Culture (BCG)		
10:00				10:00 – 11:00 Rücken-Fitness Body Culture (BCP)		10:00 – 11:00 Workout Body Culture (BCG)	
10:30			10:30 – 11:30 Bauch-Beine-Po Body Culture (BCG)		10:30 – 11:30 Bauch-Beine-Po Body Culture (BCG)		
11:00				11:00 – 12:00 Workout Body Culture (BCP)		11:00 – 12:00 Dance Aerobic Body Culture (BCG)	
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00						15:00 – 16:00 Salsa Hip-Hop Body Culture (BCK)	
15:30							
16:00						16:00 – 17:00 Workout Body Culture (BCK)	
16:30							
17:00		17:00 – 18:00 Kickbox-Workout Amanusa (AMA)			17:00 – 18:00 Kickboxing Body Culture (BCP)	17:00 – 18:00 Pump! Body Culture (BCK)	
17:30							
18:00	18:00 – 19:00 Step 1 Body Culture (BCG)	18:00 – 19:00 Zumba Amanusa (AMA)		18:00 – 19:00 Zumba Body Culture (BCGG)	18:00 – 19:00 Dance Step Body Culture (BCP)		
18:30							
19:00	19:00 – 20:00 Bauch-Beine-Po Body Culture (BCG)	19:00 – 20:00 Workout Amanusa (AMA)		19:00 – 20:15 Pump! Body Culture (BCGG)	19:00 – 20:00 Salsa-Paartanz Body Culture (BCP)		
19:30							
20:00	20:00 – 21:00 Zumba Body Culture (BCG)				20:00 – 21:00 Bachata-Paartanz Body Culture (BCP)		
20:30							
21:00							