

Samstag

Sonntag

Studio 1		Studio 2		Studio 1		Studio 2	
10.00-10.45	functional flow Kerstin	pilates Maria	power workout Eva	step workout Kerstin			
11.00-11.45	functional workout Flo	step Maria	soul & dance Vanessa	pure workout Flo			
12.00-12.45	jump high Eva	barre workout Kathrin	fettnburner Maria	step choreographie Eva			
13.00-13.45	mittagspause		mittagspause				
14.00-14.45	zirkel Flo	be balance Maria	jump stabi Anne	hiitup Kerstin			
15.00-15.45	jump low Anne	hiitup Kerstin	jazz Kathrin	pilates Maria			
16.00-16.45	men workout Flo	latino jazz Vanessa	jump high Eva	step & tone Susi			
17.00-17.45	power pilates Eva	faszientraining Kerstin	functional flow Kerstin	bbp Susi			
18.00	cool down + IN/BEWEGUNG spezial		IN/BEWEGUNG abschied				