

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>07</b> 00 30	Cyber-Pump Basic	Rücken Fit Cyber-Pump Basic	Bauch Beine Po Rücken Fit	Total Body Workout Bauch Beine Po	Core Work Total Body Workout	Pilates Core Work	Cyber-Pump Express Pilates
<b>08</b> 00 30	Fat Attack Core Work	Fat Attack	Cyber-Pump Basic	Rücken Fit Cyber-Pump Basic	Bauch Beine Po Rücken Fit	Total Body Workout Bauch Beine Po	Core Work Total Body Workout
<b>09</b> 00 30	Total Body Workout Combat	Core Work Total Body Workout	Fat Attack Core Work	Fat Attack	Cyber-Pump Basic	Rücken Fit Cyber-Pump Basic	Bauch Beine Po Rücken Fit
<b>10</b> 00 30	Bauch Beine Po Pilates	Combat Bauch Beine Po	Total Body Workout Combat	Core Work Total Body Workout	Fat Attack Core Work	Fat Attack	Cyber-Pump Basic
<b>11</b> 00 30	Total Body Workout Core Work	Pilates Total Body Workout	Bauch Beine Po Pilates	Combat Bauch Beine Po	Total Body Workout Combat	Core Work Total Body Workout	Fat Attack Core Work
<b>12</b> 00 30	Rücken Fit Cyber-Pump Express	Core Work Rücken Fit	Total Body Workout Core Work	Pilates Total Body Workout	Bauch Beine Po Pilates	Combat Bauch Beine Po	Total Body Workout Combat
<b>13</b> 00 30	Total Body Workout Fat Attack	Cyber-Pump Express Total Body Workout	Rücken Fit Cyber-Pump Express	Core Work Rücken Fit	Total Body Workout Core Work	Pilates Total Body Workout	Bauch Beine Po Pilates
<b>14</b> 00 30	Cyber-Pump Basic	Fat Attack Cyber-Pump Basic	Total Body Workout Fat Attack	Cyber-Pump Express Total Body Workout	Rücken Fit Cyber-Pump Express	Core Work Rücken Fit	Total Body Workout Core Work
<b>15</b> 00 30	Bauch Beine Po Core Work	Bauch Beine Po	Cyber-Pump Basic	Fat Attack Cyber-Pump Basic	Total Body Workout Fat Attack	Cyber-Pump Express Total Body Workout	Rücken Fit Cyber-Pump Express
<b>16</b> 00 30	Rücken Fit Total Body Workout	Core Work Rücken Fit	Bauch Beine Po Core Work	Bauch Beine Po	Cyber-Pump Basic	Fat Attack Cyber-Pump Basic	Total Body Workout Fat Attack
<b>17</b> 00 30	Core Work Bauch Beine Po	Total Body Workout Core Work	Rücken Fit Total Body Workout	Core Work Rücken Fit	Bauch Beine Po Core Work	Bauch Beine Po	Cyber-Pump Basic
<b>18</b> 00 30	Fat Attack Cyber-Pump Express	Bauch Beine Po Fat Attack	Core Work Bauch Beine Po	Total Body Workout Core Work	Rücken Fit Total Body Workout	Core Work Rücken Fit	Bauch Beine Po Core Work
<b>19</b> 00 30	Total Body Workout Rücken Fit	Cyber-Pump Express Total Body Workout	Fat Attack Cyber-Pump Express	Bauch Beine Po Fat Attack	Core Work Bauch Beine Po	Total Body Workout Core Work	Rücken Fit Total Body Workout
<b>20</b> 00 30	Combat Fat Attack	Rücken Fit Combat	Total Body Workout Rücken Fit	Cyber-Pump Express Total Body Workout	Fat Attack Cyber-Pump Express	Bauch Beine Po Fat Attack	Core Work Bauch Beine Po
<b>21</b> 00 30	Cyber-Pump Basic	Fat Attack Cyber-Pump Basic	Combat Fat Attack	Rücken Fit Combat	Total Body Workout Rücken Fit	Cyber-Pump Express Total Body Workout	Fat Attack Cyber-Pump Express
<b>22</b> 00 30	Bauch Beine Po Rücken Fit	Bauch Beine Po	Cyber-Pump Basic	Fat Attack Cyber-Pump Basic	Combat Fat Attack	Rücken Fit Combat	Total Body Workout Rücken Fit
<b>23</b> 00 30	Fat Attack Total Body Workout	Rücken Fit Fat Attack	Bauch Beine Po Rücken Fit	Bauch Beine Po	Cyber-Pump Basic	Fat Attack Cyber-Pump Express	Combat Fat Attack
<b>00</b> 00 30	Rücken Fit Bauch Beine Po	Total Body Workout Rücken Fit	Fat Attack Total Body Workout	Rücken Fit Fat Attack	Bauch Beine Po Rücken Fit	Core Work Bauch Beine Po	Total Body Workout Core Work
<b>01</b> 00 30	Cyber-Pump Express Fat Attack	Bauch Beine Po Cyber-Pump Express	Rücken Fit Bauch Beine Po	Total Body Workout Rücken Fit	Fat Attack Total Body Workout	Rücken Fit Fat Attack	Bauch Beine Po Rücken Fit
<b>02</b> 00 30	Cyber-Pump Basic	Fat Attack Cyber-Pump Basic	Cyber-Pump Express Fat Attack	Bauch Beine Po Cyber-Pump Express	Rücken Fit Bauch Beine Po	Total Body Workout Rücken Fit	Fat Attack Total Body Workout
<b>03</b> 00 30	Rücken Fit Bauch Beine Po	Rücken Fit	Cyber-Pump Basic	Fat Attack Cyber-Pump Basic	Cyber-Pump Express Fat Attack	Bauch Beine Po Cyber-Pump Express	Rücken Fit Bauch Beine Po
<b>04</b> 00 30	Cyber-Pump Express Pilates	Bauch Beine Po Cyber-Pump Express	Rücken Fit Bauch Beine Po	Rücken Fit	Cyber-Pump Basic	Fat Attack Cyber-Pump Basic	Cyber-Pump Express Fat Attack
<b>05</b> 00 30	Core Work Total Body Workout	Pilates Core Work	Cyber-Pump Express Pilates	Bauch Beine Po Cyber-Pump Express	Rücken Fit Bauch Beine Po	Rücken Fit	Cyber-Pump Basic
<b>06</b> 00 30	Bauch Beine Po Rücken Fit	Total Body Workout Bauch Beine Po	Core Work Total Body Workout	Pilates Core Work	Cyber-Pump Express Pilates	Bauch Beine Po Cyber-Pump Express	Rücken Fit Bauch Beine Po