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 -BBP 10.30-11.15 <small>www.happyfitness.com</small>	Pilates 09.45 – 10.30  10.30 -11.30  - STRETCH 11.30 -12.00 <small>www.happyfitness.com</small>	Hatha Yoga Flow 10.30 - 11.30 	BALLance 9.45 – 10.30 Pilates 10.30 – 11.30 	 - Pilates 9.45-10.30 <small>www.happyfitness.com</small> Bodystyling 10.30 – 11.15  BALLance 11.15 – 12.00	Kurse vormittags	Pilates 09.45 – 10.45  11.00 -12.00   12.00-13.00  13.00 -14.00
 Rücken  Ausdauer/ Stoffwechsel  Kräftigung						

					Kurse abends	Sonntag
WSG 17.45 - 18.40 	Pilates 17.30 - 18.30	 18.00 -19.00	Power Step 17.30 – 18.30	ZUMBA Special 17.15 - 18.15	Kurse abends	Step III 11.00 - 12.00 
 18.40 -19.40	Step II 18.30 – 19.30	 -Bauchkiller 19.00-19.45 <small>www.happyfitness.com</small>	 18.30 - 19.30 	Yoga Special 18.15 – 19.30 		BBP 12.00 - 13.00 
Pilates 19.45 – 20.30	ZUMBA 19.30 - 20.25 	BALLance 19.45 – 20.30 	Pilates 19.30 - 20.15	WSG 19.30 – 20.30 		
Fit Yoga Basic 20.30 – 21.30 	 20.25 - 21.25		Bauch+Rücken 20.15 – 21.00 			
Indoor Cycling 19.15 - 20.15 						
						Unsere Öffnungszeiten Mo-Fr 07.30 - 22.30 Uhr Sa 09.00 - 19.00 Uhr So 10.30 - 18.00 Uhr