

	Montag	30.03.2026	Dienstag	31.03.2026
	TV Halle	TV Saal	TV Halle	TV Saal
08:00				
08:15				
08:30				
08:45				
09:00				
09:15				
09:30				
09:45				
10:00				
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16:00				
16:15				
16:30				
16:45				
17:00				
17:15		Line Dance		
17:30	Indoor Cycling	Line Dance	Complete Body Workout	
17:45				
18:00				
18:15				
18:30		Line Dance		Balance
18:45				
19:00	Step Aerobic		Hot Iron	Puls & Power
19:15				
19:30				
19:45				
20:00				
20:15				
20:30	Hot Iron		Kamibo	
20:45				
21:00				
21:15				
21:30				
21:45				
22:00				

	Mittwoch	01.04.2026	Donnerstag	02.04.2026
	TV Halle	TV Saal	TV Halle	TV Saal
08:00				
08:15				
08:30				
08:45				
09:00				
09:15				
09:30				
09:45				
10:00				
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16:30				
16:45				
17:00				
17:15	Indoor Cycling			Puls & Power
17:30				
17:45				
18:00	HIIT			
18:15			Hot Iron	
18:30				
18:45				
19:00				
19:15				
19:30	Yoga			Balance
19:45				
20:00				
20:15				
20:30				
20:45				
21:00				
21:15				
21:30				
21:45				
22:00				

	Freitag	03.04.2026	Samstag	04.04.2026
	TV Halle	TV Saal	TV Halle	TV Saal
08:00				
08:15				
08:30				
08:45				
09:00				
09:15				
09:30				
09:45				
10:00				
10:15				
10:30			Puls & Power	
10:45				
11:00				
11:15			Powerpump	
11:30				
11:45				
12:00				
12:15				
12:30				
12:45				
13:00				
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