

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Functional Bodystyling 9:00 - 10:00	Indoor-Cycling 9:00 - 9:45		Cardiotoning 9:00 - 10:00	Rücken-Fit 9:30 - 10:30		Indoor-Cycling 9:30 - 10:30
	Vinyasa Yoga 10:00 - 11:00		Tabata 17:00 - 17:30			
ZumbaKidz 16:30 - 17:30		Bodystyling 18:00 - 19:00	LES MILLS BODYBALANCE 17:00 - 18:00			
ZumbaFitness 17:30 - 18:30		Cardio-Core 17:30 - 18:30	Indoor-Cycling "Starter" 17:30 - 18:15	CrossWorx 18:00 - 19:00 auf der Trainingsfläche	Indoor-Cycling 18:00 - 19:00	
LES MILLS BODYPUMP 18:30 - 19:30	Indoor-Cycling 18:30 - 19:30	Pilates 18:30 - 19:30	Indoor-Cycling 19:00 - 19:50	LES MILLS BODYPUMP 19:00 - 20:00		
Tabata 19:30 - 20:00	LES MILLS BODYBALANCE 19:30 - 20:30	ZumbaFitness 19:30 - 20:30	Vinyasa Yoga 20:00 - 21:00			
Rücken-Fit 20:00 - 21:00		60+ 20:30 - 21:30				
Rückentraining	Kraft-, Muskeltraining	Herz-Kreislauftraining	Yoga / Pilates	Indoor-Cycling	Gültig ab 05.11.2018	 ctk-sportpark <small>mein Fitnessclub</small>