

| Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | Samstag | Sonntag |
|--------|--------------------|----------|--------------|----------|----------------|------------|---------------------|---------|---------------------|---------|---------|
| Zeit | K2 | Zeit | K2 | Zeit | K2 | Zeit | K2 | Zeit | K2 | K2 | K2 |
| 08:00 | | 08:00 | | 08:00 | Yoga | 08:00 | Fitness Yoga | 08:00 | Functional Training | | |
| 09:00 | Bauch Express | 09:00 | | 09:00 | | 09:00 | | 09:00 | | | |
| 10:00 | RückenFIT | 10:00 | | 10:00 | | 10:00 | | 10:00 | | | |
| 11:00 | Golf meets Fitness | 11:00 | | 11:00 | | 11:00 | | 11:00 | | | |
| 14:00 | | 14:00 | | 14:00 | | 14:00 | | 14:00 | | | |
| 15:00 | | 15:00 | | 15:00 | | 15:00 | | 15:00 | | | |
| 16:00 | | 16:00 | | 16:00 | | 16:00 | Golf meets Fitness | 16:00 | | | |
| 17:00 | BBP* | 17:00 | | 17:00 | | 17:00 | Functional Training | 17:00 | | | |
| 18:00 | Full Body Workout | 18:00 | Fitness Yoga | 18:00 | Bauch Express | 18:00 | Pilates | 18:00 | | | |
| 19:00 | | 19:00 | Yoga | 19:00 | FaszienFitness | 19:00 | ZUMBA | 19:00 | | | |
| 20:00 | | 20:00 | | 20:00 | Yoga | 20:00 | | 20:00 | | | |

Trainerteam
 Juliane Galke
 Heike Mörschel
 Mimmi Mayr
 Kamyar Sadeghi
 Sabine Jöhnk
 Sebastian Peinemann
 Nok Hattavej
 York Golinski

Gültig ab 01. September 2020

*BBP=BauchBeinePo