

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG
08:00 • 60 min	FATBURNER CHALLENGE	08:45 • 90 min	YOGA	08:15 • 45 min	INTERVALL-CYCLING	07:00 • 45 min	YOGA	07:45 • 45 min	YOGA	08:15 • 45 min	TABATA
09:15 • 45 min	4D PRO	09:00 • 45 min	4D PRO	08:15 • 45 min	DANCE WORKOUT	08:00 • 45 min	4D PRO	08:45 • 45 min	INTERVALL-CYCLING	09:15 • 45 min	POWER YOGA
09:15 • 45 min	BAUCH BEINE PO	09:00 • 45 min	JUMPING FITNESS	08:45 • 60 min	YIN YOGA	08:00 • 45 min	BACK TO THE 80s	08:45 • 45 min	DANCE WORKOUT	09:15 • 45 min	JUMPING FITNESS
10:15 • 60 min	INDOOR CYCLING	09:00 • 45 min	SPORT MIT BABY	09:15 • 60 min	4D PRO	09:00 • 45 min	JUMPING FITNESS	09:45 • 60 min	COBO	10:30 • 45 min	BOOTYBURN
10:15 • 45 min	STEP	10:00 • 45 min	VIBRO FIT	09:15 • 45 min	TABATA	10:00 • 45 min	FASZIEN	09:45 • 45 min	VIBRO FIT	10:30 • 60 min	INDOOR CYCLING
16:30 • 45 min	FITNESSBOXEN	10:00 • 45 min	INDOOR CYCLING	10:00 • 60 min	SCHWANGERSCHAFTS-YOGA	10:00 • 60 min	SOUL CYCLING	15:15 • 45 min	INTERVALL-CYCLING		
16:30 • 45 min	BAUCH BEINE PO	11:00 • 60 min	TABATA	10:30 • 60 min	FATBURNER CHALLENGE	16:15 • 90 min	AERIAL YOGA	15:15 • 45 min	VIBRO FIT		
17:15 • 60 min	FATBURNER CHALLENGE	11:00 • 45 min	INTERVALL-CYCLING	11:00 • 60 min	YOGA	16:45 • 60 min	COBO	16:15 • 45 min	4D PRO	SONNTAG	
17:15 • 60 min	INDOOR CYCLING	16:45 • 60 min	BAUCH BEINE PO	17:00 • 45 min	4D PRO	17:00 • 45 min	JUMPING FITNESS	16:15 • 45 min	TABATA		
17:15 • 60 min	YOGA	17:00 • 45 min	JUMPING FITNESS	16:30 • 45 min	TABATA	17:00 • 45 min	TABATA	17:15 • 45 min	FITNESSBOXEN	08:45 • 90 min	AERIAL YOGA
17:30 • 45 min	4D PRO	17:00 • 45 min	VIBRO FIT	17:15 • 60 min	COBO	18:00 • 45 min	FITNESSBOXEN	17:15 • 45 min	INDOOR CYCLING Starter	08:45 • 60 min	INDOOR CYCLING
17:30 • 45 min	JUMPING FITNESS	17:45 • 60 min	YOGA	17:30 • 45 min	TABATA	18:00 • 45 min	JUMPING FITNESS	17:15 • 45 min	STEP	09:00 • 45 min	JUMPING FITNESS
17:30 • 45 min	STEP	18:00 • 60 min	COBO	17:30 • 45 min	JUMPING FITNESS	18:00 • 45 min	INTERVALL-CYCLING	18:00 • 60 min	COBO	10:00 • 60 min	YOGA
18:30 • 60 min	COBO	18:00 • 45 min	BOOTYBURN	17:30 • 45 min	INTERVALL-CYCLING	18:00 • 45 min	BAUCH BEINE PO	18:15 • 45 min	LANGHANTEL		
18:30 • 45 min	FITNESSBOXEN	18:00 • 45 min	JUMPING FITNESS	17:30 • 45 min	LANGHANTEL	19:00 • 60 min	FATBURNER CHALLENGE	18:15 • 45 min	BAUCH BEINE PO		
18:30 • 45 min	BODYSHAPE	18:00 • 45 min	TABATA	17:30 • 45 min	ZUMBA TONING	19:00 • 60 min	4D PRO	18:30 • 90 min	AERIAL YOGA		
18:30 • 60 min	SOUL CYCLING	18:00 • 45 min	LANGHANTEL	18:30 • 60 min	COBO	19:00 • 45 min	JUMPING FITNESS	19:15 • 60 min	COBO		
18:30 • 45 min	ZUMBA	19:00 • 90 min	AERIAL YOGA	18:30 • 45 min	FITNESSBOXEN	19:00 • 60 min	BLACK BIKE	19:15 • 60 min	SOUL CYCLING		
18:30 • 45 min	TABATA	19:00 • 45 min	JUMPING FITNESS	18:30 • 45 min	JUMPING FITNESS	19:00 • 45 min	VIBRO FIT	19:15 • 60 min	TABATA		
19:30 • 45 min	ZUMBA TONING	19:00 • 45 min	TABATA	18:30 • 60 min	INDOOR CYCLING	19:00 • 45 min	YOGA	19:15 • 45 min	BACK TO THE 80s		
19:30 • 45 min	JUMPING FITNESS	19:00 • 45 min	TABATA	18:30 • 45 min	BAUCH BEINE PO	20:00 • 60 min	YIN YOGA				
19:30 • 45 min	LANGHANTEL	19:00 • 45 min	BAUCH BEINE PO	18:30 • 45 min	ZUMBA PARTY						
19:30 • 45 min	BAUCH BEINE PO	19:00 • 45 min	DANCE WORKOUT	19:30 • 45 min	ZUMBA STEP						
19:45 • 60 min	SOUL CYCLING	19:15 • 60 min	COBO	19:30 • 45 min	BODYSHAPE						
		20:00 • 60 min	SOUL CYCLING	19:30 • 45 min	BACK TO THE 80s						
		20:00 • 45 min	FASZIEN	19:30 • 45 min	FASZIEN						

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