



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
BodyX 10.00 - 10.45	FatburnX 10.00 - 10.45	X-Step 10.00 - 10.45	BodyX 10.00 - 10.45	YogilatiX 10.00 - 10.45		
Xamba 11.00 - 11.45	X-Life 11.00 - 11.45	FatburnX 11.00 - 11.45	BasiX 11.00 - 11.30	X-Life 11.00 - 11.45	Tour de X 11.00 - 11.50	BodyX 11.00 - 11.45
					HIX 12.00 - 12.30	FatburnX 12.00 - 12.45
					BasiX 12.40 - 13.10	YogilatiX 13.00 - 13.45
BodyX 17.00 - 17.45	FatburnX 17.00 - 17.45	X-Jump* 17.00 - 17.45	X-Step 17.00 - 17.45	FatburnX 17.00 - 17.45		
Tour de X 18.00 - 18.50	X-Step 18.00 - 18.45	BodyX 18.00 - 18.45	CardioBoX 18.00 - 18.45	X-Jump* 18.00 - 18.45		
FatburnX 19.00 - 19.45	CardioBoX 19.00 - 19.45	Xamba 19.00 - 19.45	BodyX 19.00 - 19.45	Xamba 19.00 - 19.45		
YogilatiX 20.00 - 20.45	BasiX 20.00 - 20.30	HIX 20.00 - 20.30	Tour de X 20.00 - 20.50	BasiX 20.00 - 20.30		

* X-Jump bis 90 kg.