

K U R S P L A N

Montag			Dienstag			Mittwoch		Donnerstag		Freitag		Samstag	Sonntag
Kursraum Achalm	Kursraum Georgenberg	Trainingsfläche	Kursraum Achalm	Kursraum Georgenberg	Trainingsfläche	Kursraum Achalm	Kursraum Georgenberg	Kursraum Achalm	Kursraum Georgenberg	Kursraum Achalm	Kursraum Georgenberg	Kursraum Achalm	Kursraum Georgenberg
			07.30 – 08.20 JobFIT Steffi					07.15 – 08.05 Body Workout Heike					
	08.30 – 09.45 Yoga Elena	09.00 – 09.45 Functional Bodyfit Heike		09.00 – 09.50 RückenFit Vangelia		09.00 – 10.00 BBP Natalie		09.00 – 09.50 BBP Steffi		09.00 – 09.50 Total Body Workout Heike			
10.00 – 10.50 Starker Rücken Natalie	10.00 – 10.45 Faszien meets Pilates Vangelia			10.00 – 10.50 Zumba GOLD Vangelia		10.00 – 11.00 Full Body Stretch Natalie		10.00 – 10.50 Pilates Steffi		10.00 – 10.50 Cycling Einsteiger Heike		10.00 – 11.15 Yoga Maria	10.00 – 10.50 Sonntag Special lt. Aushang
													11.00 – 12.00 Sonntag Special lt. Aushang
17.15 – 18.20 Yoga Maria	17.40 – 18.30 Jumping Pia						17.30 – 18.15 FaszienFit Vangelia	17.30 – 18.20 BBP Maika		16.45 – 18.00 Yoga Maria			
18.30 – 19.20 Power Workout Moni		18.40 – 19.30 pebletics Pia	18.30 – 19.20 Jumping Jenny		18.45 – 19.45 pebletics Kathi	18.30 – 19.20 Starker Rücken Heike	18.30 – 19.30 Zumba Vangelia	18.30 – 19.20 Jumping Marleen		18.00 – 19.00 DeepWork/BodyART Silvia	18.00 – 19.30 Functional Cycling Maika		
19.30 – 20.30 Hot Iron Silvia	19.30 – 20.30 Cycling Knut		19.30 – 20.30 Strong Nation Jenny	19.00 – 20.00 Cycling Silvia		19.30 – 20.20 Total Body Workout Heike	19.30 – 20.30 Cycling Walter	19.30 – 20.30 Zumba Vangelia		19.00 – 20.00 Hot Iron Cross Silvia			
20.30 – 21.30 DeepWork/BodyART Silvia				20.00 – 21.10 KORCE Silvia		20.30 – 21.20 Yoga Maria							