

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	Trainingsfläche	Kursraum Achalm	Kursraum Georgenberg	Trainingsfläche	Kursraum Achalm	Kursraum Georgenberg	Trainingsfläche	Kursraum Achalm	Kursraum Georgenberg	Kursraum Georgenberg	Trainingsfläche	
			07.30 – 08.20 JobFIT Steffi				08.00 – 08.55 Yoga Helen		07.15 – 08.15 Yoga Tanja			08.00 – 08.50 Mobility Sarah							
08.30 – 09.45 Therapeutisches Yoga Elena	09.00 – 09.45 Functional Bodyfit Heike			09.00 – 10.15 Yoga Tanja		09.00 – 10.00 BBP Natalie			08.45 – 09.35 BBPo Steffi			09.00 – 09.50 Total Body Workout Heike							
10.00 – 10.50 Rücken & Faszien Vangelia						10.00 – 11.00 Full Body Stretch Natalie			9.45 – 10.35 Pilates Steffi			10.00 – 10.50 Cycling Einsteiger Heike				10.00 – 11.15 Yoga Maria	10.00 – 11.15 Inside Flow Yoga Elena	10.00 – 10.50 Sonntag Special lt. Aushang	09.45 – 10.45 Hyrox
									11.00 – 12.15 Yoga Tanja							11.30 – 13.00 Männer Yoga Maria	11.30 – 12.20 Pilates Elena	11.00 – 12.00 Sonntag Special lt. Aushang	11.00 – 12.00 Hyrox
						16.15 – 17.30 Yoga Tanja											Trainingsfläche		12.00 – 13.00 Hyrox
17.15 – 18.20 Yoga Maria	17.30 – 18.30 Zumba Clara	17.30 – 18.30 Hyrox Einsteiger			17.00 – 18.00 Hyrox		17.30 – 18.15 FaszienFit Vangelia	17.00 – 18.00 Hyrox	17.30 – 18.20 BBP Maika		17.00 – 18.00 Hyrox	16.45 – 18.00 Yoga Maria	18.00 – 19.30 Functional Cycling Maika	17.00 – 18.00 Hyrox			14.00 – 15.30 Hyrox		
18.30 – 19.20 Power Workout Moni	18.30 – 19.30 Pilates Mix Silvia	18.40 – 19.30 pebletics Pia	18.30 – 19.20 Jumping Vanessa		18.00 – 19.00 Hyrox	18.30 – 19.20 Starker Rücken Heike	18.30 – 19.30 Zumba Vangelia	18.00 – 19.00 Crossletics	18.30 – 19.20 BungeeFitness Elena		18.00 – 19.00 Hyrox	18.15 – 19.15 Hot Iron Cross Silvia	19.30 – 20.00 Bauch Intensiv Maika	18.00 – 19.30 Hyrox					
19.30 – 20.30 Hot Iron Silvia	19.30 – 20.30 Cycling Knut	19.30 – 20.30 Crossletics Weightlifting	19.30 – 20.30 Inside Flow Elena	19.00 – 20.00 Cycling Silvia	19.00 – 20.00 Hyrox	19.30 – 20.20 Total Body Workout Pia R.	19.30 – 20.30 Cycling Walter	19.00 – 20.00 Hyrox	18.30 – 19.20 Jumping Marleen	} zwei wöchentlich	19.00 – 20.30 Crossletics	19.30 – 20.45 Aerial Yoga Silvia		19.30 – 20.30 Hyrox					
				20.00 – 21.10 KORCE Silvia		20.30 – 21.20 Yoga Maria		20.30 – 21.30 Hyrox	19.30 – 20.30 Cycling Pia				19.30 – 20.45 Yonga Silvia	} zwei wöchentlich					