

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 Pilates Claudia			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
					16.00 – 17.00 Hyrox	16.15 – 17.30 Yoga Tanja					16.45 – 17.45 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		17.30 – 18.20 BBP Maika			16.45 – 18.00 Yoga Maria						
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 Jenny		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	abwechselnd } zwei wöchentlich	18.00 – 19.00 Crossletics	18.15 – 19.15 Hot Iron Cross Silvia	18.00 – 19.30 Functional Cycling 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 Strong Nation Jenny	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 Crossletics	18.30 – 19.20 Jumping Pia		19.00 – 20.30 Crossletics	19.30 – 20.45 Aerial Yoga Silvia	19.30 – 20.00 Bauch Intensiv Maika					
				20.00 – 21.10 KORCE Silvia	20.00 – 21.00 Hyrox	20.30 – 21.20 Yoga Maria		20.30 – 21.30 Hyrox	19.30 – 20.30 Cycling Pia		20.30 – 21.30 Hyrox							



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Bewegung und Begegnung