

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	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 – 10.00 BBP Natalie			08.45 – 09.35 BBPo Steffi		09.00 – 09.50 Total Body Workout Heike								
10.00 – 10.50 Rücken & Faszien Vangelia				09.00 – 10.15 Yoga Tanja			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 – 10.50 Sonntag Special lt. Aushang	09.45 – 10.45 Hyrox		
										11.00 – 12.15 Yoga Tanja				11.30 – 13.00 Männer Yoga Maria			11.00 – 12.00 Sonntag Special lt. Aushang	11.00 – 12.00 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			18.30 – 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 – 20.00 Crossletics CompClass	19.30 – 20.45 Aerial Yoga Silvia	19.30 – 20.00 Bauch Intensiv Maika						
			20.00 – 21.10 KORCE Silvia			20.30 – 21.20 Yoga Maria		20.30 – 21.30 Hyrox		19.30 – 20.30 Cycling Pia									