

K U R S P L A N

Montag			Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag
Kursraum Achalm	Kursraum Georgenberg	Trainingsfläche	Kursraum Achalm	Kursraum Georgenberg	Kursraum Achalm	Kursraum Georgenberg	Kursraum Achalm	Kursraum Georgenberg	Kursraum Achalm	Kursraum Georgenberg	Kursraum Achalm	Kursraum Georgenberg	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 Body Workout Katrin	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 Pilates (meets Workout) Katrin	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 Hula Fitness 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	18.30 – 19.30 KORCE 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	18.30 – 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 Cycling Jenny		19.00 – 20.00 Hot Iron Cross Silvia				
				20.00 – 21.10 KORCE / Beginner Silvia	20.30 – 21.20 Yoga Maria								

