

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 – 08.05 Body Workout 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		08.15 – 09.00 Functional Bodyfit Heike	09.00 – 09.50 Total Body Workout Heike					09.15 – 10.15 Crossletics
	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 – 10.50 Sonntag Special It. Aushang	10.30 – 11.30 Hyrox
									11.00 – 12.00 Relax Yoga Sabine								11.00 – 12.00 Sonntag Special It. Aushang
						16.15 – 17.30 Yoga Tanja					16.45 – 17.45 Hyrox						
17.15 – 18.20 Yoga Maria	17.40 – 18.30 Jumping Pia	17.30 – 18.30 Crossletics			16.45 – 17.45 Hyrox		17.30 – 18.15 FaszienFit Vangelia		17.30 – 18.20 BBP Maika			16.45 – 18.00 Yoga Maria		17.00 – 18.00 Crossletics Strength			
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 Crossletics	18.30 – 19.20 Starker Rücken Heike	18.30 – 19.30 Zumba Vangelia	18.00 – 19.00 Crossletics	18.30 – 19.20 Functional Jumping Marleen		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	19.15 – 20.15 Hyrox	19.30 – 20.20 Total Body Workout Heike	19.30 – 20.30 Cycling Walter	19.00 – 20.00 Crossletics	19.30 – 20.30 Cycling 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									