

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	Kursraum Achalm	Kursraum Georgenberg	Kursraum Achalm	Kursraum Georgenberg	Trainingsfläche	Kursraum Achalm	Kursraum Georgenberg
			07.30 – 08.20 JobFIT Steffi					07.15 – 08.05 Body Workout Heike						
	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 – 10.25 Pilates Steffi		10.00 – 10.50 Cycling Einsteiger Heike			10.00 – 11.15 Yoga Maria	10.00 – 10.50 Sonntag Special It. Aushang
														11.00 – 12.00 Sonntag Special It. Aushang
17.15 – 18.20 Yoga Maria	17.40 – 18.30 Jumping 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 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	18.30 – 19.20 Jumping Marleen		18.15 – 19.15 Hot Iron Cross Silvia	18.00 – 19.30 Functional Cycling Maika	18.00 – 19.00 HYROX Thommy/Silke		
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	19.00 – 20.00 HYROX Thommy/Silke	19.30 – 20.20 Total Body Workout Heike	19.30 – 20.30 Cycling Walter	19.30 – 20.30 Cycling Pia		19.30 – 20.45 Aerial Yoga Silvia				
				20.00 – 21.10 KORCE Silvia		20.30 – 21.20 Yoga Maria		20.30 – 21.45 BungeeFitness Pia						