

# KURSRAUM

## 1

# Winterkursplan

01. März 2020 – 30. April 2020

## heaven

Online-Anmeldung auf unserer Website nur für NY BARRE TONING und FUNCTIONAL FIT nötig!

	MO	DI	MI	DO	FR	SA	SO
8:00							
9:00	PILATES Karin	DEEP WORK Yvonne	GYMSTICK MUSCLE Annett	BALANCE SWING Nicole	BALANCE SWING Sani	BALANCE SWING Vroni	BALANCE SWING Elisabeth
10:00	ANIMA GYM Karin	BALANCE SWING Isabel		FASZIEN & MOVE Nicole	NY BARRE TONING Sani	BODY-STYLING Stephanie / Michael	BALANCE SWING Elisabeth
11:00						CARDIO MOVE Stephanie / Michael	LANG-HANTEL Elisabeth
14:00							CARDIO POWER Annett
15:00						GYMSTICK MUSCLE Annett	BALANCE SWING Annett
16:00		GYMSTICK MUSCLE Krisztina	MOBILITY & SHAPE Angela		BALANCE SWING Stefanie	BALANCE SWING Vicky	DRUMS ALIVE Annett
17:00	YOGA Eva-Maria	BALANCE SWING Sani	CARDIO WORKOUT Uli	BOX WORKOUT Angela	GESUNDER RÜCKEN Elisabeth	NY BARRE TONING Annett	
18:00	ZUMBA Carolin	BODY ART Birgit	LANG-HANTEL Uli	DEEP WORK Angela			
19:00	BALANCE SWING Vicky	GYMSTICK MUSCLE Annett	STRONG BY ZUMBA Carolin	BALANCE SWING Jenny			
20:00	DRUMS ALIVE Linda	BALANCE SWING Sandra	NY BARRE TONING Carolin	HIIT Jenny			

# KURSRAUM

## 2

earth

	MO	DI	MI	DO	FR	SA	SO
8:05			YOGA Monika	YOGA Gudrun	YOGA MOVE Krisztina		
9:05	CARDIO MOVE Stephanie	ZUMBA Rosi	MOBILITY & SHAPE Laura	GESUNDER RÜCKEN Claudia	BBP / GYMSTICK Yvonne	BODY ART Maggy	YOGA Eva
10:05	MOBILITY & SHAPE Stephanie	PILATES Rosi	DRUMS ALIVE Annett	BODY-STYLING Claudia	CARDIO WORKOUT Krisztina	HIIT Laura / Corinna	YOGA Eva
11:05						MOBILITY & SHAPE Corinna	
12:05							
14:05		ANIMA GYM Krisztina					
16:05							
17:05	BODY-STYLING Sissi	BODY-STYLING Anke	PILATES Karin	YOGA Marion			
18:05	GESUNDER RÜCKEN Sissi	GESUNDER RÜCKEN Anke	CARDIO POWER Elisabeth	YOGA Marion	BODY-STYLING Silvi / Stephanie	MOVE & PRAY Annett	
19:05	DEEP WORK Silvi	BBP Birgit	BALANCE SWING Elisabeth	ZUMBA Rosi	CARDIO MOVE Stephanie / Silvi		
20:05	ANIMA GYM Silvia	LANG-HANTEL Stefan	GYMSTICK MUSCLE Annett	PILATES Rosi			

# KURSRAUM 3

## metal power cycling

	MO	DI	MI	DO	FR	SA	SO
8:10							
9:10	MITTEL-STUFE Uli						
10:10			MITTEL-STUFE Gerhard		EINSTEIGER Yvonne		EINSTEIGER Gerhard
11:10							MITTEL-STUFE Gerhard
14:10							
15:10							
16:10							
17:10							
18:10	MITTEL-STUFE Klaus	EINSTEIGER Susanne	MITTEL-STUFE Claudia	CROSS CYCLING Uli	EINSTEIGER Elisabeth		
19:10	CROSS CYCLING Klaus	MITTEL-STUFE Susanne	EINSTEIGER Claudia	MITTEL-STUFE Uli	MITTEL-STUFE Elisabeth		
20:10							

# KURSRAUM 4

## firetower functional fit

	MO	DI	MI	DO	FR	SA	SO
8:15							
9:15							
10:15	FUNCTIONAL FIT Uli	FUNCTIONAL FIT Robert		FUNCTIONAL FIT Robert			
11:15						FUNCTIONAL FIT Jassy	
14:15							
15:15							
16:15							
17:15							
18:15	FUNCTIONAL FIT Robert		FUNCTIONAL FIT Corinna		FUNCTIONAL FIT Corinna		
19:15		FUNCTIONAL FIT Jassy					
20:15							