

Sonderkursplan Corona

gültig ab
06.07.20

KURSRAUM 1 **heaven**

KURSRAUM 2 **earth**

	MO	DI	MI	DO	FR	SA	SO
8:00							
9:00	PILATES Karin	DEEP WORK Yvonne	MOBILITY & SHAPE Laura	BALANCE SWING Nicole	BALANCE SWING Sani	BALANCE SWING Vroni	BALANCE SWING Elisabeth
10:00	ANIMA GYM Karin	BALANCE SWING Daniela	BBP Yvonne	FASZIEN & MOVE Nicole	MOBILITY & SHAPE Sani	BODY-STYLING Stephanie/Michael	BALANCE SWING Elisabeth
11:00						CARDIO MOVE Stephanie/Michael	LANG-HANTEL Elisabeth
14:00							CARDIO POWER Claudia
15:00							BALANCE SWING Claudia
16:00		GYMSTICK MUSCLE Krisztina	MOBILITY & SHAPE Angela		BALANCE SWING Stefanie		
17:00	YOGA Eva-Maria	BALANCE SWING Sani	CARDIO WORKOUT Uli	BOX WORKOUT Angela	GESUNDER RÜCKEN Elisabeth		
18:00	ZUMBA Carolin	BODYART Birgit	LANG-HANTEL Uli	DEEP WORK Angela	BALANCE SWING Daniela		
19:00	BALANCE SWING Vicky	LANG-HANTEL Stefan	STRONG NATION Carolin	BALANCE SWING Vicky			
20:00	BALANCE SWING Vicky	BALANCE SWING Claudia	ZUMBA Carolin	BALANCE SWING Vicky			

	MO	DI	MI	DO	FR	SA	SO
8:10			YOGA Monika	YOGA Gudrun	YOGA MOVE Krisztina		
9:10	CARDIO MOVE Stephanie	ZUMBA Rosi		GESUNDER RÜCKEN Claudia	BBP/ GYMSTICK Krisztina	MOBILITY & SHAPE Corinna	YOGA Eva
10:10	MOBILITY & SHAPE Stephanie	PILATES Rosi		BODY-STYLING Claudia			YOGA Eva
11:10							
12:10							
14:10			ANIMA GYM Krisztina				
16:10					YOGA Leyla		
17:10	BODY-STYLING Sissi	BODY-STYLING Anke	PILATES Karin	YOGA Marion	CARDIO MOVE Stephanie/Silvi		
18:10	GESUNDER RÜCKEN Sissi	GESUNDER RÜCKEN Anke	CARDIO POWER Elisabeth	YOGA Marion	BODY-STYLING Silvi/Stephanie		
19:10	DEEP WORK Silvi	BBP Birgit	BALANCE SWING Elisabeth	ZUMBA Rosi			
20:10	BODYART Silvi			PILATES Rosi			

— exklusiv für anima Gäste
mit erhöhtem Corona-Infektionsrisiko

KURSRAUM 3 *cycling*

	MO	DI	MI	DO	FR	SA	SO
8:30							
9:30	CYCLING EINSTEIGER Uli						CYCLING EINSTEIGER Gerhard
10:30			CYCLING EINSTEIGER Gerhard		CYCLING EINSTEIGER Yvonne		CYCLING EINSTEIGER Gerhard
11:30							
14:30							
15:30							
16:30							
17:30							
18:30	CYCLING EINSTEIGER Elisabeth	CYCLING EINSTEIGER Susanne	CYCLING EINSTEIGER Lissi / Gerhard	CYCLING EINSTEIGER Uli	CYCLING EINSTEIGER Elisabeth		
19:30	CYCLING EINSTEIGER Elisabeth	CYCLING EINSTEIGER Susanne			CYCLING EINSTEIGER Elisabeth		
20:30							

OUTDOOR *area*

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