

Winterkursplan

Bei allen mit (M) gekennzeichneten Kursen bitte eine eigene Trainingsmatte mitbringen!

gültig ab
13.09.21

KURSRAUM 1 *heaven*

KURSRAUM 2 *earth*

	MO	DI	MI	DO	FR	SA	SO
8:00							
9:00	PILATES Karin (M)	BALANCE SWING Melli	HULA HOOP Laura (M)	BALANCE SWING Nicole	BALANCE SWING Sani	BALANCE SWING Dani / Hermine	BALANCE SWING Elisabeth
10:00	ANIMA GYM Karin (M)		JUMPING FITNESS Laura	YOGA MOVE Nicole (M)	GESUNDER RÜCKEN Steffi (M)	BODY-STYLING Pam / Silvi (M)	BALANCE SWING Elisabeth
11:00						4STREATZ Pam / Silvi	LANG-HANTEL Elisabeth (M)
14:00							
15:00							YOGA MOVE Annika (M)
16:00			BODY-STYLING Uli (M)		BALANCE SWING Claudia		JUMPING FITNESS Anna / Henry
17:00	YOGA Leyla (M)	BALANCE SWING Sani	PILATES Hermine (M)	HULA HOOP Laura (M)	GESUNDER RÜCKEN Elisabeth (M)		
18:00	ZUMBA Caro	HULA HOOP Annika (M)	BALANCE SWING Dani	BOX WORKOUT Rohit	JUMPING FITNESS Laura		
19:00	BALANCE SWING Vicky / Stefanie	LANG-HANTEL Stefan (M)	STRONG NATION Caro (M)	BALANCE SWING Hermine			
20:00	JUMPING FITNESS Vicky / Henry	BALANCE SWING Stefanie	ZUMBA Caro	PILATES Hermine (M)			

	MO	DI	MI	DO	FR	SA	SO
8:10	BODY-STYLING Uli (M)		YOGA Monika (M)	YOGA Gudrun (M)	YOGA MOVE Krisztina (M)		
9:10	4STREATZ Melly	ZUMBA Rosi	BBP Yvonne (M)		BBP / GYMSTICK Krisztina (M)	MOBILITY & SHAPE Corinna (M)	YOGA Eva (M)
10:10	MOBILITY & SHAPE Steffi (M)	PILATES Rosi (M)	MOBILITY & SHAPE Yvonne (M)			HIIT Laura / Corinna (M)	YOGA Eva (M)
11:10							
12:10							
14:10		ANIMA GYM Krisztina (M)					
16:10							
17:10	BODY-STYLING Sissy (M)	GYMSTICK MUSCLE Krisztina (M)	LANG-HANTEL Uli (M)	YOGA Marion (M)	STRONG NATION Christina (M)		
18:10	GESUNDER RÜCKEN Sissy (M)	YOGA MOVE Krisztina (M)	GYMSTICK MUSCLE Corinna (M)	YOGA Marion (M)	BODY-STYLING Melli (M)		
19:10	DEEP WORK Silvi (M)	4STREATZ Caro	JUMPING FITNESS Elisabeth	HIIT Chrissi (M)	YOGA Leyla (M)		
20:10	BODYART Silvi (M)		YOGA MOVE Paul (M)				

KURSRAUM 3 metal power cycling

	MO	DI	MI	DO	FR	SA	SO
8:20							
9:20	FREE RIDE Uli						COACH BY COLOUR Lissi
10:20					COACH BY COLOUR Gerhard		COACH BY COLOUR Lissi
11:20							
14:20	Alle Cyclingkurse sind für jede Leistungsstufe (auch Einsteiger) geeignet!						
15:20							
16:20							
17:20				FREE RIDE Anna			
18:20	FREE RIDE Elisabeth	FREE RIDE Susanne	COACH BY COLOUR Gerhard	FREE RIDE Anna	FREE RIDE Elisabeth		
19:20	FREE RIDE Elisabeth	FLOW Susanne	COACH BY COLOUR Gerhard		FLOW Elisabeth		
20:20							

KURSRAUM 4 firetower functional fit

	MO	DI	MI	DO	FR	SA	SO
8:30							
9:30				FUNCTIONAL FIT Robert ^M			
10:30		FUNCTIONAL FIT Anja ^M					
11:30							
14:30							
15:30							
16:30							
17:30					FUNCTIONAL FIT Jassy ^M		
18:30	FUNCTIONAL FIT Robert ^M	FUNCTIONAL FIT Jassy ^M					
19:30			FUNCTIONAL FIT Corinna ^M				
20:30							