

# Winterkursplan

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

gültig ab  
10.01.22

## KURSRAUM 1 *heaven*

## KURSRAUM 2 *earth*

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

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

# KURSRAUM 3 metal power cycling

	MO	DI	MI	DO	FR	SA	SO
8:20							
9:20							COACH BY COLOUR Lissi
10:20						FREE RIDE	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 <sup>M</sup>			
10:30		FUNCTIONAL FIT Anja <sup>M</sup>					
11:30							
14:30							
15:30							
16:30							
17:30					FUNCTIONAL FIT Jassy <sup>M</sup>		
18:30	FUNCTIONAL FIT Robert <sup>M</sup>	FUNCTIONAL FIT Jassy <sup>M</sup>					
19:30			FUNCTIONAL FIT Corinna <sup>M</sup>				
20:30							