

Winterkursplan

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

KURSRAUM 1 heaven

	MO	DI	MI	DO	FR	SA	SO
8:00							
9:00	BODY-STYLING Steffi (M)	JUMPING FITNESS Courtney	BBP Yvonne (M)	BALANCE SWING Nicole	BALANCE SWING Sani	BALANCE SWING Martina	BALANCE SWING Elisabeth
10:00	PILATES Krisztina (M)		MOBILITY & SHAPE Yvonne (M)	YOGA MOVE Nicole (M)	NY BARRE TONING Sani (M)	BODY-STYLING Pam / Silvi (M)	BALANCE SWING Elisabeth
11:00						4STREATZ Pam / Silvi	LANG-HANTEL Elisabeth (M)
14:00							
15:00							
16:00			ASHTANGA YOGA Daniela (M)		BALANCE SWING Claudia		JUMPING FITNESS Niki
17:00	NY BARRE TONING Sani (M)	GYMSTICK/BBP Krisztina (M)	PILATES Hermine (M)	NY BARRE TONING Pam (M)	GESUNDER RÜCKEN Melli (M)		YOGA MOVE Sylvia (M)
18:00	ZUMBA Caro	YOGA MOVE Krisztina (M)	BALANCE SWING Dani	JUMPING FITNESS Henry	JUMPING FITNESS Laura		
19:00	HIIT Vroni (M)	LANG-HANTEL Stefan (M)	STRONG NATION Caro (M)	BALANCE SWING Hermine			
20:00	JUMPING FITNESS Vicky / Laura	GESUNDER RÜCKEN Melli (M)	ZUMBA Caro	PILATES Hermine (M)			

gültig ab
02.01.23

KURSRAUM 2 earth

	MO	DI	MI	DO	FR	SA	SO
8:10				YOGA Gudrun (M)	YOGA MOVE Claudia (M)		
9:10	BALANCE SWING Petra	ZUMBA Rosi	YOGA Monika (M)		GYMSTICK/BBP Corinna (M)	MOBILITY & SHAPE Corinna (M)	YOGA Eva (M)
10:10	MOBILITY & SHAPE Steffi (M)	PILATES Rosi (M)			GESUNDER RÜCKEN Sissi (M)	HIIT Corinna (M)	YOGA Eva (M)
11:10							
12:10							
14:10	ANIMA GYM Krisztina (M)						
16:10							
17:10	BODY-STYLING Sissi (M)	JUMPING FITNESS Henry / Laura	LANG-HANTEL Uli (M)	BODY-STYLING Sylvia (M)	STRONG NATION Christina (M)		
18:10	GESUNDER RÜCKEN Uli (M)	4STREATZ Pam	GYMSTICK/BBP Elisabeth (M)	YOGA Lisa (M)	BODY-STYLING Melli (M)		
19:10	BALANCE SWING Hermine		GESUNDER RÜCKEN Elisabeth (M)	HIIT Chrissi (M)	YOGA Leyla (M)		
20:10	YOGA Gudrun (M)						

KURSRAUM 3 metal power cycling

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

KURSRAUM 4 firetower functional fit

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