

KURSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

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|-----------------------------------|----|--|----|-----------------------------------|--|-------------------------------|---|-------------------------------|
| 08:00-9:30 Astanga Yoga | 1 | 09:00-10:00 Pilates | 1 | | 15:00-16:00 FZ Five Faszientraining | 09:00-10:00 Zumba | 1 | |
| 10:15-11:15 Wähle deinen Kurs | 1 | 10:00-11:00 Wirbelsäulengymnastik | 1 | | | 10:00-11:00 Bodystyling | 1 | |
| | | 11:00-12:00 FZ Five Faszientraining | FZ | | | | | |
| | | | | 17:00-18:00 Astanga Yoga* | 2 | | | |
| 17:30-18:15 Functional Workout | FA | 17:15-18:15 Kenter BSG | 1 | 17:30-18:15 TRX Workout | FA | | | 10:00-11:00 Indoor Cycling |
| 18:00-19:00 Wähle deinen Kurs | 1 | 18:15-19:15 Indoor Cycling FDW | 2 | 18:15-19:15 Bauch Beine Po | 1 | 18:30-19:30 Power Dumbbell | 1 | 17:15-18:45 Astanga Yoga |
| 18:15-19:00 TRX Workout | FA | 18:30-19:30 Power Dumbbell | 1 | 18:15-19:00 Functional Workout | FA | 19:30-20:45 Tae Bo | 1 | |
| 19:15-20:15 Piloxing | 1 | 19:30-20:15 Zumba | 2 | 19:15-20:15 Intervall Training | 1 | 19:30-20:00 XLNC Abs | 2 | |
| 19:15-20:30 Indoor Cycling | 2 | 19:30-20:00 XLNC Abs | 1 | 19:15-20:30 Indoor Cycling | 2 | | | |
| | | 20:15-21:15 Power Vinyasa Yoga | 2 | | | | | |

SONNTAG

10:00-11:00
Indoor Cycling 2

FA = Functional Area

FZ = Faszienbereich

1 = Kursraum 1

2 = Kursraum 2

*ab 16.11.2016