

# KURSPLAN

## MONTAG

|             |   |                        |
|-------------|---|------------------------|
| 08:15-09:15 | 1 | Reha Sport             |
| 09:30-10:30 | 1 | Reha Sport             |
| 17:00-18:00 | 1 | Funktionelles Training |
| 18:00-19:00 | 2 | Indoor Cycling         |
| 18:15-19:15 | 1 | Faszientraining        |
| 19:30-20:30 | 1 | Zumba                  |

## DIENSTAG

|             |   |                        |
|-------------|---|------------------------|
| 08:00-09:00 | 1 | Mindful Morning Yoga   |
| 09:30-10:30 | 1 | Funktionelles Training |
| 17:00-18:00 | 1 | BBP                    |
| 18:15-19:15 | 1 | Sling Training         |
| 19:00-20:00 | 2 | Power Vinyasa Yoga     |
| 19:30-20:30 | 1 | Bodystyling            |

1 = Kursraum 1

## MITTWOCH

|             |   |                           |
|-------------|---|---------------------------|
| 17:00-18:00 | 1 | Move & lift to the Beat   |
| 18:00-19:00 | 2 | Indoor Cycling            |
| 18:15-19:15 | 1 | XLNC Fit Mix              |
| 19:30-20:30 | 2 | Indoor Cycling - Beginner |
| 19:30-20:30 | 1 | Step Aerobic              |

2 = Kursraum 2

## DONNERSTAG

|             |   |                    |
|-------------|---|--------------------|
| 09:00-10:00 | 1 | Pilates            |
| 17:00-18:00 | 1 | Langhantel Workout |
| 18:15-19:15 | 2 | Indoor Cycling     |
| 18:15-19:15 | 1 | Fullbody Workout   |
| 19:30-20:30 | 1 | Jumping Fitness    |

\*= Outdoor

## FREITAG

|             |   |                |
|-------------|---|----------------|
| 16:00-17:00 | 1 | Basic Power    |
| 17:00-18:00 | 2 | Indoor Cycling |
| 18:30-19:30 | 2 | Indoor Cycling |
| 19:00-20:00 | 1 | Pilates        |

## SAMSTAG

|             |   |                      |
|-------------|---|----------------------|
| 09:30-10:30 | 1 | Indoor Cycling       |
| 09:30-10:30 | 2 | Yoga (Astanga-Remix) |
| 10:45-11:45 | 1 | Yoga (Astanga-Remix) |

## SONNTAG

|             |   |                |
|-------------|---|----------------|
| 09:15-10:15 | 1 | XLNC Fit Mix   |
| 10:00-11:00 | 2 | Indoor Cycling |
| 10:30-11:30 | 1 | BBP            |

Bitte beachten sie die Mindestteilnehmerzahl von 5 Personen