

Kursplan ab Oktober



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00-08:00							
08:00-09:00	Rückenfit Janne		Wake-Up Yoga Veronika	(08:15-09:15) Rückenfit Sonni			
09:00-10:00			LesMills Bodypump Swantje	(09:30-10:30) Yoga Kerrin	(09:30-11:00) Body Cross XL Manu		
10:00-11:00						Intervall Jules	Faszienyoga Caro
11:00-12:00	Workout Katharina					(11:15-12:15) Afro Beats Jules	LesMills Bodypump FiZ Bodypump-Team
13:30-14:30		(13:30-14:30) LesMills Bodypump Stefan					
16:00-17:00	Step-Fatburner Claudia	Rückenfit Andrea	Hot Iron® Constanze	Pilates Julia Q.	LesMills Bodypump Janne	LesMills Bodypump Rebecca	
17:00-18:00	BBP Claudia	(17:00-18:15) Power Yoga Ilze	Step Basic & Workout Heike	BBP Sünje	Antara Jana	Workout Rebecca	(17:00-18:00/18:30) Sonntagsspecial s. Homepage/ Aushang
18:00-19:00	Intervall Ilze	(18:15-19:15) LesMills Bodypump Julia K.	Step Fortge. 1-2 Heike	LesMills Bodypump Swantje	(18:00-19:15) YinYoga Jana	Dancit® Rebecca	(18:30-19:30) deepWORK Sylvia/Llewelyn
19:00-20:00	Core Ilze	(19:15-20:15) Intervall Julia K.	Workout Alina	Workout Swantje	(19:30-20:30)		
20:00-21:00	LesMills Bodypump Swantje	(20:15-21:15) Afro-Workout Jules	Zumba Sünje	Dance Stefan	ZUMBA Gaby		
21:00-22:00	Yoga Jules			Lyrical Dance Stefan			

Kurskategorien:

Body & Mind	Kräftigung	Rumpfkraftigung
Cardio & Kräftigung	Koordination	