

Kursplan

18.10.2021 - 24.10.2021

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Montag 18.10.2021	Dienstag 19.10.2021	Mittwoch 20.10.2021	Donnerstag 21.10.2021	Freitag 22.10.2021	Samstag 23.10.2021	Sonntag 24.10.2021
09:00 - 09:50 Stretch & Relax Alex	09:30 - 10:20 Rückenfit Benni	10:00 - 10:50 Bodystyling Tati	10:00 - 10:50 Pilates Tati	10:00 - 10:50 Rückenfit Tati	11:00 - 12:00 Yoga Christine / Ben	10:30 - 11:20 Energy Aerobic Irina / Johanna
10:00 - 10:50 Rückenfit Benni	10:30 - 11:00 BALLance Benni	11:00 - 11:50 BALLance & Meditat... Tati	11:00 - 11:50 Yoga & Meditation Tati	11:00 - 11:45 BALLance & Mobilit... Simone	12:00 - 12:30 Stretch & Relax Christine / Ben	11:30 - 12:20 Bodystyling Johanna / Irina
11:00 - 12:00 Indoorcycle Uli	17:00 - 17:50 Indoorcycle Uli	17:00 - 17:50 Yoga Stephanie	17:00 - 17:50 Pump Spiros	17:00 - 17:50 Zumba® Keti	13:00 - 14:00 Zumba® Keti	12:30 - 13:20 Deepwork Melanie
16:30 - 17:20 Bodystyling Tati	18:00 - 18:50 Bodystyling Michi	18:00 - 18:50 Pilates und Rücken Sonja	18:00 - 19:00 Indoorcycle Jürgen	18:00 - 19:30 Indoorcycle XL Uli		13:30 - 14:20 Pump Melanie
17:30 - 18:20 Pilates Tati	19:00 - 19:50 Rückenfit & BALLanc... Simone	19:00 - 19:50 Step Sonja	18:00 - 18:50 Fuctional Training Suat	18:00 - 19:00 Yoga Nils		
18:30 - 19:20 Zumba® Sonja	20:00 - 21:15 Yoga Basic Nicole	20:00 - 21:00 Zumba® Jane	20:00 - 21:30 Yoga Nicole			
19:30 - 20:30 Indoorcycle Andi						
19:30 - 20:20 Pump Melanie						
20:30 - 21:20 Bodystyling Melanie						

Kursraum 1

Kursraum 2

Stand: 23.10.2021