

Ferien-Kursplan 03.08 – 13.09.26

Montag

Uhrzeit	Level/Matte/Raum			
08:30	HYROX Basic	Sabine S.	F	out
09:00	Yoga Bauch/Rücken	Tanja M.	A M	5
09:00	Balance Swing	Petra	A	1
09:10	Bodystyling	Sissi	A M	2
10:15	Faszien-Pilates	Petra G.	A M	5
10:00	gesunder Rücken	Uli	A M	1
14:00	anima Gym	Krisztina	A M	1
15:30	Hatha Yoga Balance/Kraft	Tanja M.	F M	5
16:30	Rücken Yoga	Tanja M	A M	5
17:00	NY Barre Toning	Sani	A M	1
17:10	Bodystyling	Uli	A M	2
18:00	gesunder Rücken	Sani	A M	1
18:10	Zumba	Ann-Kathrin	F	2
18:20	Cycling all levels	Elisabeth	alle	3
18:30	HYROX complete	Niki	P	out
19:00	strong nation	Sabine	F M	1
19:10	Balance Swing	Hermine	A	2
19:20	Cycling all levels	Elisabeth	alle	3
20:00	Yoga	Gudrun	A M	1
20:10	Jumping Fitness	Laura	F	2

Dienstag

Uhrzeit	Level/Matte/Raum			
09:00	Zumba	Rosi	A	1
10:00	Pilates	Rosi	A M	1
10:00	Physio FIT	Sabine S.	A M	5
10:10	gesunder Rücken	Sissi	A M	2
15:00	Pilates	Mara	A M	1
17:00	slings athletic	Krisztina	F M	1
17:10	Jumping Fitness	Henry	F	2
17:15	Aqua gym	Sabine Sch.	A	out
18:00	Yoga move	Krisztina	A M	1
18:10	HIIT meets Yoga	Henry/Laura	F M	2
18:20	Cycling all levels	Susanne	alle	3
18:30	functional fit	Sabine Sch.	P M	out
19:00	Langhantel	Stefan	F M	1
19:10	4streatz Tanzwiedubist	Pam	A	2
19:20	Cycling basic	Susanne	alle	3
20:10	Yoga reflow	Pam	A M	2

Mittwoch

Uhrzeit	Level/Matte/Raum			
09:00	BBP	Yvonne	A M	1
09:30	functional fit	Robert	P M	out
10:00	mobility & shape	Yvonne	A M	1
11:00	Yoga	Nadine	A M	5
16:00	Aqua gym	Mara	A	out
17:00	Pilates	Hermine	A M	1
17:10	Langhantel	Uli	A M	2
18:00	Balance Swing	Dani	A	1
18:10	Gymstick/BBP	Uli	F M	2
18:20	Cycling all levels	Klaus	alle	3
19:00	HIIT	Chrissi	P M	1
19:10	PME (Muskelentsp.)	Dani	A M	5
19:10	gesunder Rücken	Sani	A M	2
20:00	Zumba	Ann-Kathrin	F	2

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Donnerstag

Uhrzeit			Level/Matte/Raum		
08:10	Yoga	Gudrun	F	M	2
09:00	Balance Swing	Melli	A		1
09:00	Physio FIT	Pertra B.	A	M	5
09:20	Cycling all levels	Uli	alle		3
10:00	HIT meets Yoga	Mara	A	M	1
11:30	Aqua gym	Mara	A		out
15:00	Yoga	Melina	A	M	5
16:00	4streatz Tanzwiedubist	Pam	A		1
17:00	NY Barre Toning	Pam	A	M	1
17:10	Bodystyling	Lena	A	M	2
18:00	Yoga	Lisa	F	M	1
18:10	Jumping Fitness	Selina	F		2
18:30	HYROX complete	Marc	P		out
18:30	Sammolahari Yoga	Pam	A	M	5
19:00	Pilates	Melli	A	M	1
20:00	Langhantel	Stefan	A	M	1

Freitag

Uhrzeit			Level/Matte/Raum		
08:10	Yoga move	Claudia	A	M	2
09:00	Balance Swing	Sani	A		1
09:10	Gymstick/BBP		F	M	2
10:00	NY Barre Toning	Sani	A	M	1
10:10	Dance	Elfi	F		2
11:10	slings in rhythm	Elfi	A	M	1
11:10	gesunder Rücken	Sissi	A	M	2
13:15	Aqua gym	Jonas	A		out
14:00	Meditation	Melina	A	M	5
15:00	Pilates	Hermine	A	M	1
16:00	Balance Swing	Claudia	A		1
17:00	gesunder Rücken	Melli	A	M	1
17:30	functional fit	Nora	P	M	out
18:00	Jumping fitness	Laura/Meli	F		1
18:20	Cycling all levels	Lissi	alle		3
19:20	Yoga	Patrick	A	M	5

Samstag

Uhrzeit			Level/Matte/Raum		
09:00	mobility & shape	Corinna	A	M	1
09:10	Balance Swing	Selina	A		2
09:20	Cycling Basic	Verena	alle		3
10:00	Bodystyling	Pam		M	1
10:30	HXROX Basic	Tobi/Carina	F		out
10:30	Aqua gym		A		out
11:00	4streatz Tanzwiedubist	Pam	A		1

Sonntag

Uhrzeit	Kurs / Level / Matte			Raum	
09:00	Balance Swing	Elisabeth	A		1
09:10	Yoga	Eva	A	M	2
09:20	Cycling all levels	Katja/Bernd	alle		3
10:00	Balance Swing	Elisabeth	A		1
10:10	Yoga	Eva	F	M	2
10:20	Cycling all levels	Katja/Bernd	alle		3
11:00	Langhantel	Elisabeth	A	M	1
11:10	HIT meets Yoga	Courtney	F	M	2
17:00	surprise		A	M	1