

UHRZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	
8:00		8:00-9:00 YOGA LEVEL 1 Christoph (3)				
9:00					9:30-11:00 YOGA OPEN LEVEL Bina (3)	
10:00	10:00-11:00 DANCE Mikki (2)	10:45-11:45 RÜCKENFIT Philipp (1)	10:15-11:00 WORKOUT Seyran (2)	10:00-11:00 REHASPORT (2)	10:15-11:30 YIN YOGA Bina (3)	
11:00	11:00-12:00 WORKOUT Oxana (2)		11:00-12:00 PILATES LEVEL 1-2 Seyran (1)	11:00-12:00 REHASPORT (2)	11:15-12:15 RÜCKENFIT Christoph (2)	
12:00	12:10-13:10 IYENGAR-YOGA Clous (3)	12:00-13:00 REHASPORT (2)		12:00-13:00 REHASPORT (2)		
13:00 - 16:00						
17:00		17:00-18:00 REHASPORT (1)	17:00-18:00 REHASPORT (2)	17:00-18:00 REHASPORT (2)	17:30-18:30 SPINNING Katrin (1)	
18:00	18:00-19:00 BODYATTACK Matthias (2)	18:00-19:00 RÜCKENFIT Angela (1)	18:00-19:00 BODYPUMP Thorsten (2)	18:00-19:00 RÜCKENFIT Valeria (1)	18:00-19:00 BODYPUMP Thorsten (2)	18:00-19:00 PILATES LEVEL 1-2 Christiane (1)
	18:00-19:00 WORKOUT Thomas (2)	18:00-19:30 IYENGAR-YOGA Alshin (3)	18:00-19:00 YOGA LEVEL 1 Bina (3)	18:00-19:30 YOGA LEVEL 1-2 Christoph (3)	18:00-19:00 YOGA OPEN LEVEL Denise (3)	18:30-20:00 YOGA LEVEL 2 Bina (3)
19:00	18:45-19:45 RÜCKENFIT Jessi (1)	18:15-19:15 WORKOUT Vanessa (2)	19:00-20:00 STEP LEVEL 2 Thomas (2)	19:00-20:00 SPINNING Matthias (1)	19:00-20:00 PILATES LEVEL 1-2 Valeria (1)	19:00-20:00 BODY COMBAT Lennart (2)
	19:00-20:00 BODYPUMP Thomy (2)	19:00-20:00 SLING WORKOUT Lina, Matti, Jordan, Paul (1)	19:00-20:00 BODY CIRCUIT David (Säule)	19:30-21:00 YOGA LEVEL 1-2 Bina (3)	19:00-20:00 YOGA LEVEL 1-2 Denise (3)	19:00-20:00 SLING WORKOUT Matthias (1)
20:00	19:45-21:15 SPINNING Thomas (1)	19:00-20:00 DEEP WORK Thomas (2)	20:00-21:00 RÜCKENFIT Christoph (3)	20:10-21:10 SPINNING Thomas (1)	20:00-21:30 YIN-YOGA Vira (3)	20:00-21:30 DANCE Altera (2)
21:00	21:00-22:00 BODYPUMP Thomy (2)					

UHRZEIT	SAMSTAG	SONNTAG
10:00	10:30-12:00 YOGA OPEN LEVEL Denise (3)	
11:00		11:45-12:45 BODYPUMP Matthias (2)
12:00		12:45-13:45 BODYCOMBAT Matthias (2)
13:00		
14:00		14:00-15:00 STEP LEVEL 1-2 Moni (2)
15:00	15:00-16:00 PILATES LEVEL 1-2 Margarita (3)	15:00-16:00 WORKOUT Moni (2)
16:00	16:00-17:00 WORKOUT Moni/Ralfo (2)	16:00-17:00 DEEPWORK Thomas (2)
17:00	17:00-18:00 BODYPUMP Thomy (2)	17:10-18:10 SPINNING Thomas (1)

Kursraumbezeichnung: (Säule) Express-Training
(1) z.B. Spinning (obere Etage) | (2) z.B. Bodypump (untere Etage)
(3) z.B. Yoga-Raum (untere Etage) | | Functional Trainingsbereich

Schwierigkeitsgrad: Level 1 | Level 2 | Level 3

Specials: Extra Special-Kursplan.

Zusätzliche, wöchentlich wechselnde Special-Kurse

TRAINIERE
GLÜCKLICH

BUSHIDO

DEIN PERSÖNLICHES STUDIO - KEINE FITNESSKETTE