

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 Leni (2)	10:45-11:45 RÜCKENFIT Nina (1)	10:15-11:00 WORKOUT Seyran (2)	10:00-11:00 REHASPORT (2)	10:15-11:30 YOGA LEVEL 1 Bina (3)	
11:00	11:00-12:00 WORKOUT Oxana (2)		11:00-12:00 PILATES LEVEL 1-2 Seyran (2)	11:00-12:00 REHASPORT (1)	11:15-12:15 RÜCKENFIT Christoph (2)	
12:00	12:10-13:10 IYENGAR-YOGA Claus (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 Jessi (1)	
18:00	18:00-19:00 BODY ATTACK Mathias (2)	18:00-19:00 RÜCKENFIT Margaritta (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)
	18:10-19:40 YOGA LEVEL 1 Bina (3)	18:00-19:30 YOGA LEVEL 1-2 Christoph (3)	18:00-19:30 YOGA LEVEL 1-2 Andréé (3)	18:45-19:45 RÜCKENFIT Jessi (3)	18:00-19:30 IYENGAR-YOGA Afshin (3)	
19:00	19:00-20:00 STEP LEVEL 2 Thomas (2)	19:00-20:00 SPINNING Mathias (1)	19:00-20:00 PILATES LEVEL 1-2 Valeria (1)	19:00-20:00 BODY COMBAT Lennart (2)	19:00-20:00 SLING WORKOUT Matthias (1)	19:00-20:00 DEEPWORK Thomas (2)
	19:45-21:15 YIN-YOGA Pia (3)	19:30-21:00 YOGA LEVEL 1-2 Bina (3)	19:30-21:00 YIN-YOGA Jenny/Andréé (3)	19:10-20:40 SPINNING Thomas (1)	19:00-20:00 SLING WORKOUT Matti, Jordan, Paul (1)	
20:00		20:10-21:10 SPINNING Thomas (1)		20:00-21:30 DANCE Alterra (2)		
21:00	21:00-22:00 BODYPUMP Thomy (2)					

UHRZEIT	Samstag	Sonntag
10:00	10:30-12:00 YOGA OPEN LEVEL Pia (3)	
11:00		11:45-12:45 BODYPUMP Mathias (2)
12:00	12:00-13:00 QI GONG MICHAEL/DENNIS (3)	12:45-13:45 BODYCOMBAT Mathias (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 Margaritta (3)	15:00-16:00 WORKOUT Moni (2)
16:00	16:00-17:00 WORKOUT Moni (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

STÄNDIGE AKTUALISIERUNGEN AUF WWW.BUSHIDO-FITNESS.DE