

BUSHIDO KURSPLAN

UHRZEIT/TAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG	
7:00-8:00			07:10 – 08:10 BODYPUMP Isabel · KR2					
9:00				09:30-10:30 PILATES LEVEL 1-2 Petra · KR3	09:30-11:00 YOGA OPEN LEVEL Christoph · KR3		10:45-11:45 LMI STEP Yann · KR2	
10:00				10:00 – 11:00 REHASPORT Götz · KR2	10:30 – 11:15 WORKOUT Joschka · KR2	10:30-12:00 YOGA OPEN LEVEL Pia · KR3	10:30-11:30 PILATES LEVEL 1-2 Petra · KR2	
11:00	11:00 – 12:00 WORKOUT Oxana · KR2	10:30-12:00 YOGA OPEN LEVEL Claus · KR3	11:00 – 12:00 PILATES LEVEL 1-2 Nora · KR2	11:00 – 12:00 REHASPORT Götz · KR3	11:00 – 12:00 REHASPORT Götz · KR2		11:45 – 12:45 BODYPUMP Mathias · KR2	
12:00	12:10 – 13:40 IYENGAR-YOGA Claus · KR3	12:00 – 13:00 REHASPORT Götz · KR1	12:00 – 13:00 REHASPORT Götz · KR1				12:45 – 13:45 BODYCOMBAT Mathias · KR2	
13:00-16:00						15:00 – 16:00 WORKOUT Leander · KR2	14:00 – 15:00 STEP LEVEL 1-2 Moni · KR2	
17:00	17:00 – 18:00 BODYCOMBAT Patrick · KR2				17:15 – 18:15 BODYCOMBAT Lisa · KR2	16:00-17:00 PILATES Viktoria · KR2	15:00 – 16:00 WORKOUT Moni · KR2	
18:00	18:00 – 19:00 BODYATTACK Mathias · KR2	18:00 – 19:00 RÜCKENFIT Simon · KR1	18:00 – 19:00 BODYPUMP Thorsten · KR2	18:00 – 19:00 RÜCKENFIT Paula · KR1	18:00 – 19:00 BODYPUMP Thorsten · KR2	18:00 – 19:00 PILATES LEVEL 1-2 Christiane · KR1	18:00 – 19:00 BODYATTACK Mathias · KR2	18:00 – 19:00 SPINNING* Daniel · KR1
	18:00 – 19:30 IYENGAR-YOGA Claus · KR3	18:00 – 19:30 YOGA INTERMEDIATE Christoph · KR3	18:00 – 19:30 YOGA OPEN LEVEL Lena · KR3	18:15 – 19:45 IYENGAR-YOGA Claus · KR3			18:15 – 19:15 WORKOUT Joschka · KR2	17:00 – 18:00 BODYPUMP Thomy · KR2
19:00	19:00 – 20:00 SPINNING* Mathias · KR1	19:00 – 20:00 PILATES LEVEL 1-2 Paula · KR1	19:00 – 20:00 WORKOUT Denny · KR1	19:00 – 20:00 BODYPUMP Thomy · KR2				
20:00	19:30 – 20:30 YOGA RELAX & STRETCH Pia · KR3	19:00 – 20:00 BODYCOMBAT Kathrin · KR2		20:00 – 21:30 JAZZ-DANCE Tera · KR2				
21:00	21:00 – 22:00 BODYPUMP Thomy · KR2		20:00 – 21:00 RAVE AEROBIC Leni · KR2					

INFOBOX

Öffnungszeiten Ostern:

Karfreitag,	03.04.	9:00-20:00
Samstag,	04.04.	8:00-20:00
Ostersonntag,	05.04.	9:00-20:00
Ostermontag,	06.04.	9:00-20:00