UHRZEIT	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:00			7:10-8:10 BODYPUMP Isabell (2)		
9:00				09:30-10:30 PILATES Petra (3)	9:30-11:00 YOGA OPEN LEVEL Christoph (3)
10:00		10:30-12:00 YOGA OPEN LEVEL Claus (3)		10:00-11:00 REHASPORT (2)	10:30-11:15 WORKOUT (2)
11:00	11:00-12:00 WORKOUT Oxana (2)		11:00-12:00 PILATES LEVEL 1-2 Nora (2) 11:00-12:00 REHASPORT (3)	11:00-12:00 REHASPORT (2)	11:15-12:15 RÜCKENFIT Christoph (2)
12:00	12:10-13:40 IYENGAR-YOGA Claus (3)	12:00-13:00 REHASPORT (1)	12:00-13:00 REHASPORT (1)		
13:00-16:00					
17:00	17:00-18:00 BODYCOMBAT Patrick (2)				17:15-18:15 BODYCOMBAT Lisa (2)
18:00	18:00-19:00 BODY ATTACK Mathias (2) 18:00-19:00 RÜCKENFIT Leander (1) 18:00-19:30 IYENGAR-YOGA Claus (3)	18:00-19:00 BODYPUMP Thorsten (2) 18:00-19:00 RÜCKENFIT Paula (1) 18:00-19:30 YOGA INTERMEDIATE Christoph (3)	18:00-19:00 BODYPUMP Thorsten (2) 18:00-19:00 PILATES LEVEL 1-2 Christiane (1) 18:00-19:30 YOGA OPEN LEVEL Lena (3)	18:00-19:00 BODY ATTACK Mathias (2) 18:00-19:00 SPINNING Anila (1) 18:15-19:45 IYENGAR-YOGA Claus (3)	18:15-19:15 WORKOUT Joschka (2)
19:00	20:00-21:00 Shuffle Dance Gen (1) 19:00-20:00 SPINNING Mathias (1) 19:45-21:15 YIN-YOGA Pia (3)	19:00-20:00 PILATES LEVEL 1-2 Paula (1) 19:00-20:00 BODYCOMBAT Kathrin (2)	19:00-20:00 WORKOUT Denny (1) 19:00-20:00 RAVE AEROBIC Leni (2)	19:00-20:00 BODYPUMP Thomy (2)	
20:00				20:00-21:30 JAZZ-DANCE Tera (2)	
21:00	21:00-22:00 BODYPUMP Thomy (2)				

UHRZEIT	Samstag	Sonntag
10:00	10:30-12:00 YOGA OPEN LEVEL Pia (3)	10:45-11:45 LMI STEP Yann (2)
11:00		11:45-12:45 BODYPUMP Mathias (2)
12:00		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 WORKOUT Leander (2)	15:00-16:00 WORKOUT Moni (2)
16:00	16:00-17:00 PILATES LEVEL 1-2 Viktoria (2)	
17:00	17:00-18:00 BODYPUMP Thomy (2)	

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

TRAINIERE GLÜCKLICH

BUSHIDO

DEIN PERSÖNLICHES STUDIO - KEINE FITNESSKETTE

STÄNDIGE AKTUALISIERUNGEN AUF WWW.BUSHIDO-FITNESS.DE

UHRZEIT	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:00			7:10-8:10 BODYPUMP Isabell (2)		
9:00					9:30-11:00 YOGA OPEN LEVEL Christoph (3)
10:00		10:30-12:00 YOGA OPEN LEVEL Claus (3)	10:15-11:00 WORKOUT Seyran (2)	10:00-11:00 REHASPORT (2)	10:30-11:15 WORKOUT Sebastian (2)
11:00	11:00-12:00 WORKOUT Oxana (2)		11:00-12:00 PILATES LEVEL 1-2 Seyran (2) 11:00-12:00 REHASPORT (3)	11:00-12:00 REHASPORT (2)	11:15-12:15 RÜCKENFIT Christoph (2)
12:00	12:10-13:40 IYENGAR-YOGA Claus (3)	12:00-13:00 REHASPORT (1)	12:00-13:00 REHASPORT (1)		
13:00-16:00					
17:00	17:00-18:00 BODYCOMBAT Patrick (2)				17:15-18:15 BODYCOMBAT Lisa (2)
18:00	18:00-19:00 BODY ATTACK Mathias (2) 18:00-19:00 RÜCKENFIT Leon (1)	18:00-19:00 BODYPUMP Thorsten (2) 18:00-19:00 RÜCKENFIT Sterica (1)	18:00-19:00 BODYPUMP Thorsten (2) 18:00-19:00 PILATES LEVEL 1-2 Christiane (1)	18:00-19:00 BODY ATTACK Mathias (2) 18:00-19:00 SPINNING Anila (1)	
	18:00-19:30 IYENGAR-YOGA Claus (3)	18:00-19:30 YOGA INTERMEDIATE Christoph (3)	18:30-20:00 YIN-YOGA Julia (3)	18:15-19:45 IYENGAR-YOGA Claus (3)	
19:00	19:00-20:00 Shuffle Dance Yvonne/Gen (2) 19:00-20:00 SPINNING Mathias (1)	19:00-20:00 PILATES LEVEL 1-2 Valeria (1)	19:00-20:00 WORKOUT Denny (1) 19:00-20:00 RAVE AEROBIC Leni (2)	19:00-20:00 BODYPUMP Thomy (2)	
	19:45-21:15 YIN-YOGA Pia (3)	19:00-20:00 BODYCOMBAT Kathrin (2)			
20:00		20:10-21:10 SPINNING Katrin (1)		20:00-21:30 JAZZ-DANCE Tera (2)	
21:00	21:00-22:00 BODYPUMP Thomy (2)				

UHRZEIT	Samstag	Sonntag
10:00	10:30-12:00 YOGA OPEN LEVEL Pia (3)	10:45-11:45 LMI STEP Yann (2)
11:00		11:45-12:45 BODYPUMP Mathias (2)
12:00		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 WORKOUT Denny (2)	15:00-16:00 WORKOUT Moni (2)
16:00	16:00-17:00 PILATES LEVEL 1-2 Viktoria (2)	
17:00	17:00-18:00 BODYPUMP Thomy (2)	

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

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UHRZEIT	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:00			7:10-8:10 BODYPUMP Isabell (2)		
9:00					9:30-11:00 YOGA OPEN LEVEL Christoph (3)
10:00		10:30-12:00 YOGA OPEN LEVEL Claus (3)	10:15-11:00 WORKOUT Seyran (2)	10:00-11:00 REHASPORT (2)	10:30-11:15 WORKOUT Sebastian (2)
11:00	11:00-12:00 WORKOUT Oxana (2)		11:00-12:00 PILATES LEVEL 1-2 Seyran (2) 11:00-12:00 REHASPORT (3)	11:00-12:00 REHASPORT (2)	11:15-12:15 RÜCKENFIT Christoph (2)
12:00	12:10-13:40 IYENGAR-YOGA Claus (3)	12:00-13:00 REHASPORT (1)	12:00-13:00 REHASPORT (1)		
13:00-16:00					
17:00	17:00-18:00 BODYCOMBAT Patrick (2)				17:15-18:15 BODYCOMBAT Lisa (2)
18:00	18:00-19:00 BODY ATTACK Mathias (2) 18:00-19:00 RÜCKENFIT Leon (1) 18:00-19:30 YOGA ADVANCED Claus (3)	18:00-19:00 BODYPUMP Thorsten (2) 18:00-19:00 RÜCKENFIT Sterica (1) 18:00-19:30 YOGA INTERMEDIATE Christoph (3)	18:00-19:00 BODYPUMP Thorsten (2) 18:00-19:00 PILATES LEVEL 1-2 Christiane (1) 18:30-20:00 YIN-YOGA Julia (3)	18:00-19:00 BODY ATTACK Mathias (2) 18:00-19:00 SPINNING Anila (1) 18:15-19:45 IYENGAR-YOGA Claus (3)	
19:00	19:00-20:00 Shuffle Dance Yvonne/Gen (2) 19:00-20:00 SPINNING Mathias (1) 19:45-21:15 YIN-YOGA Pia (3)	19:00-20:00 PILATES LEVEL 1-2 Valeria (1) 19:00-20:00 BODYCOMBAT Kathrin (2)	19:00-20:00 SLING WORKOUT Joschka (1) 19:00-20:00 RAVE AEROBIC Leni (2)	19:00-20:00 BODYPUMP Thomy (2)	19:00-20:00 SLINGWORKOUT Klara/Jordan (1)
20:00		20:10-21:10 SPINNING Katrin (1)		20:00-21:30 JAZZ-DANCE Tera (2)	
21:00	21:00-22:00 BODYPUMP Thomy (2)				

UHRZEIT	Samstag	Sonntag
10:00	10:30-12:00 YOGA OPEN LEVEL Pia (3)	10:45-11:45 LMI STEP Yann (2)
11:00		11:45-12:45 BODYPUMP Mathias (2)
12:00		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 WORKOUT Denny (2)	15:00-16:00 WORKOUT Moni (2)
16:00	16:00-17:00 PILATES LEVEL 1-2 Viktoria (2)	
17:00	17:00-18:00 BODYPUMP Thomy (2)	

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

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UHRZEIT	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:00			7:10-8:10 BODYPUMP Isabell (2)		
9:00					9:30-11:00 YOGA OPEN LEVEL Christoph (3)
10:00		10:30-12:00 YOGA OPEN LEVEL Claus (3)	10:15-11:00 WORKOUT Seyran (2)	10:00-11:00 REHASPORT (2)	10:30-11:15 WORKOUT Sebastian (2)
11:00	11:00-12:00 WORKOUT Oxana (2)		11:00-12:00 PILATES LEVEL 1-2 Seyran (2) / 11:00-12:00 REHASPORT (3)	11:00-12:00 REHASPORT (2)	11:15-12:15 RÜCKENFIT Christoph (2)
12:00	12:10-13:40 IYENGAR-YOGA Claus (3)	12:00-13:00 REHASPORT (1)	12:00-13:00 REHASPORT (1)		
13:00-16:00					
17:00	17:00-18:00 BODYCOMBAT Isabell (2)				17:15-18:15 BODYCOMBAT Lisa (2)
18:00	18:00-19:00 BODY ATTACK Mathias (2) / 18:00-19:00 RÜCKENFIT Leon (1)	18:00-19:00 BODYPUMP Thorsten (2) / 18:00-19:00 RÜCKENFIT Lara (1)	18:00-19:00 BODYPUMP Thorsten (2) / 18:00-19:00 PILATES LEVEL 1-2 Christiane (1)	18:00-19:00 BODY ATTACK Mathias (2) / 18:00-19:00 SPINNING Anila (1)	18:15-19:15 BODYJAM DANCE WORKOUT Isabell (2)
	18:00-19:30 YOGA ADVANCED Claus (3)	18:00-19:30 YOGA INTERMEDIATE Christoph (3)	18:30-20:00 YIN-YOGA Julia (3)	18:15-19:45 IYENGAR-YOGA Claus (3)	
19:00	19:00-20:00 POWER DANCE WORKOUT Lara (2) / 19:00-20:00 SPINNING Mathias (1)	19:00-20:00 PILATES LEVEL 1-2 Valeria (1)	19:00-20:00 SLING WORKOUT Matthias (1) / 19:00-20:00 RAVE AEROBIC Leni (2)	19:00-20:00 BODYPUMP Thomy (2)	19:00-20:00 SLINGWORKOUT Klara/Jordan (1)
	19:45-21:15 YIN-YOGA Pia (3)	19:00-20:00 BODYCOMBAT Kathrin (2)			19:15-20:00 BARRE WORKOUT Isabell (2)
20:00		20:10-21:10 SPINNING Katrin (1)		20:00-21:30 JAZZ-DANCE Altera (2)	
21:00	21:00-22:00 BODYPUMP Thomy (2)				

UHRZEIT	Samstag	Sonntag
10:00	10:30-12:00 YOGA OPEN LEVEL Pia (3)	10:45-11:45 LMI STEP Yann (2)
11:00		11:45-12:45 BODYPUMP Mathias (2)
12:00		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 WORKOUT Denny (2)	15:00-16:00 WORKOUT Moni (2)
16:00	16:00-17:00 PILATES LEVEL 1-2 Viktoria (2)	
17:00	17:00-18:00 BODYPUMP Thomy (2)	

Kursraumbezeichnung: (Säule) Express-Training

(1) z.B. Spinning (obere Etage) | (2) z.B. Bodypump (untere Etage)
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Schwierigkeitsgrad: Level 1 | Level 2 | Level 3

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UHRZEIT	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:00			7:10-8:10 BODYPUMP Isabell (2)		
9:00					9:30-11:00 YOGA OPEN LEVEL Christoph (3)
10:00		10:30-12:00 YOGA OPEN LEVEL Claus (3)	10:15-11:00 WORKOUT Seyran (2)	10:00-11:00 REHASPORT (2)	10:30-11:15 WORKOUT Sebastian (2)
11:00	11:00-12:00 WORKOUT Oxana (2)		11:00-12:00 PILATES LEVEL 1-2 Seyran (2)	11:00-12:00 REHASPORT (2)	11:15-12:15 RÜCKENFIT Christoph (2)
12:00	12:10-13:40 IYENGAR-YOGA Claus (3)	12:00-13:00 REHASPORT (1)	12:00-13:00 REHASPORT (1)		
13:00-16:00					
17:00	17:00-18:00 BODYCOMBAT Isabell (2)	17:00-18:00 REHASPORT (2)	17:00-18:00 REHASPORT (2)		17:15-18:15 BODYCOMBAT Lisa (2)
18:00	18:00-19:00 BODY ATTACK Mathias (2) 18:00-19:00 RÜCKENFIT Leon (1)	18:00-19:00 BODYPUMP Thorsten (2) 18:00-19:00 RÜCKENFIT Luisa (1)	18:00-19:00 BODYPUMP Thorsten (2) 18:00-19:00 PILATES LEVEL 1-2 Christiane (1)	18:00-19:00 BODY ATTACK Mathias (2) 18:00-19:00 SPINNING Anila (1)	18:15-19:15 BODYJAM DANCE WORKOUT Isabell (2)
	18:00-19:30 YOGA LEVEL 1 Luisa (3)	18:00-19:30 YOGA LEVEL 1-2 Christoph (3)	18:30-20:00 YIN-YOGA Julia (3)	18:15-19:45 IYENGAR-YOGA Claus (3)	
19:00	19:00-20:00 STEP LEVEL 1-2 Ralfo (2) 19:00-20:00 SPINNING Mathias (1)	19:00-20:00 PILATES LEVEL 1-2 Valeria (1)	19:00-20:00 SLING WORKOUT Matthias (1) 19:00-20:00 RAVE AEROBIC Leni (2)	19:00-20:00 BODYPUMP Thomy (2)	19:00-20:00 SLINGWORKOUT Klara/Jordan (1)
	19:45-21:15 YIN-YOGA Pia (3)	19:00-20:00 BODYCOMBAT Katrin (2)			19:15-20:00 BARRE WORKOUT Isabell (2)
20:00		20:10-21:10 SPINNING Anila (1)		20:00-21:30 JAZZ-DANCE Altera (2)	
21:00	21:00-22:00 BODYPUMP Thomy (2)				

UHRZEIT	Samstag	Sonntag
10:00	10:30-12:00 YOGA OPEN LEVEL Pia (3)	10:00-10:45 BARRE WORKOUT Edith (2) 10:45-11:45 LMI STEP Yann (2)
11:00		11:45-12:45 BODYPUMP Mathias (2)
12:00		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 WORKOUT Denny (2)	15:00-16:00 WORKOUT Moni (2)
16:00	16:00-17:00 BODYBALANCE Tanja (2)	
17:00	17:00-18:00 BODYPUMP Thomy (2)	

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

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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 Christoph (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 Nina (3)	10:30-11:15 FUNCTIONAL TRAINING
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)	11:00-12:00 REHASPORT (2)	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)	17:15-18:15 BODYCOMBAT Lisa (2)
18:00	18:00-19:00 BODY ATTACK Mathias (2) 18:00-19:00 RÜCKENFIT Margaritta (1) 18:00-19:30 YOGA LEVEL 1 Pia (3)	18:00-19:00 BODYPUMP Thorsten (2) 18:00-19:00 RÜCKENFIT Valeria (1) 18:00-19:30 YOGA LEVEL 1-2 Christoph (3)	18:00-19:00 BODYPUMP Thorsten (2) 18:00-19:00 PILATES LEVEL 1-2 Christiane (1) 18:00-19:30 YOGA LEVEL 1-2 Andreé (3)	18:00-19:00 WORKOUT Thomas (2) 18:15-19:45 YOGA LEVEL 1-2 Claus (3)	18:15-19:15 WORKOUT Margaritta, Moni, Oxana (2)
19:00	19:00-20:00 STEP LEVEL 2 Thomas (2) 19:00-20:00 SPINNING Mathias (1) 19:45-21:15 YIN-YOGA Pia (3)	19:00-20:00 PILATES LEVEL 1-2 Valeria (1) 19:00-20:00 BODY COMBAT Katrin (2)	19:00-20:00 SLING WORKOUT Matthias (1) 19:00-20:00 DEEPWORK Thomas (2) 19:30-21:00 YIN-YOGA Jenny/Andreé (3)	19:00-20:00 BODYPUMP Thomy (2) 19:10-20:40 SPINNING Thomas (1)	19:00-20:00 SLING WORKOUT Klara (1)
20:00		20:10-21:10 SPINNING Thomas (1)		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 Pia (3)	
11:00		11:45-12:45 BODYPUMP Mathias (2)
12:00		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)
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