



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

## INFOBOX



KR = Kursraum

[www.bushido-fitness.de](http://www.bushido-fitness.de)

\*SPINNING - Telefonische Anmeldung am selben Tag im Studio