

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

| UHRZEIT | Samstag   | Sonntag   |
|---------|---|---|
| 10:00   | <b>10:30-12:00<br/>YOGA<br/>OPEN LEVEL</b><br>Pia (3) | <b>10:45-11:45<br/>LMI STEP</b><br>Yann (2)       |
| 11:00   |   | <b>11:45-12:45<br/>BODYPUMP</b><br>Mathias (2)    |
| 12:00   |   | <b>12:45-13:45<br/>BODYCOMBAT</b><br>Mathias (2)  |
| 13:00   |   |   |
| 14:00   |   | <b>14:00-15:00<br/>STEP LEVEL 1-2</b><br>Moni (2) |
| 15:00   | <b>15:00-16:00<br/>WORKOUT</b><br>Denny (2)           | <b>15:00-16:00<br/>WORKOUT</b><br>Moni (2)        |
| 16:00   | <b>16:00-17:00<br/>BODYBALANCE</b><br>Tanja (2)       |   |
| 17:00   | <b>17:00-18:00<br/>BODYPUMP</b><br>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

**TRAINIERE  
GLÜCKLICH**

# BUSHIDO

DEIN PERSÖNLICHES STUDIO - KEINE FITNESSKETTE