

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

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