

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)				17:15-18:15 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 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)
19:00	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)		
	19:00-20:00 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)
20:00	19:45-21:15 YIN-YOGA Pia (3)	19:00-20:00 BODYCOMBAT Katrin (2)				19:00-20:00 SLINGWORKOUT Klara/Jordan (1)
		20:10-21:10 SPINNING Anila (1)				19:15-20:00 BARRE WORKOUT Isabell (2)
21:00	21:00-22:00 BODYPUMP Thomy (2)			20:00-21:30 JAZZ-DANCE Alterra (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 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

**TRAINIERE
GLÜCKLICH**

BUSHIDO

DEIN PERSÖNLICHES STUDIO - KEINE FITNESSKETTE

STÄNDIGE AKTUALISIERUNGEN AUF WWW.BUSHIDO-FITNESS.DE