



KURSPLAN

STAND 22. AUGUST 2018

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
WAKE UP Elke M. 08:00 - 09:00 F3	FASZIENTRAINING Nicole 09:15 - 09:45 F3	BESTAGEWORKOUT Regina 08:15 - 09:15 F5	FITMIX Mariella 08:30 - 09:30 F4	PILATES Nicole 08:30 - 09:30 F5	BODYART Jeanette 10:00 - 11:15 F2	HATHA YOGA Susana 10:00 - 11:15 F2
RÜCKENFIT Lilli 09:00 - 10:00 F5	YOGA Ramona 09:30 - 11:00 F2	BODYWORKOUT Regina 09:15 - 10:15 F5	VINYASA YOGA Anette 08:00 - 09:30 F2	PILATES Nicole 09:30 - 10:30 F5	JUMPING Heike 10:00 - 11:00 F5	FATBURNER Sandra 10:30 - 12:00 F4
FUNCTIONAL Lilli 10:00 - 11:00 F5	BBP Nicole 09:45 - 10:45 F3	YOGA Susana 10:00 - 11:15 F2	SPINNING LIGHT Mariella 09:30 - 10:15 F1	ZUMBA Doro 10:30 - 11:30 F5	SPINNING Beate 11:00 - 12:00 F1	BBP Steffi 10:30 - 12:00 F5
YOGA Nadin 10:00 - 11:15 F2	FIT IN DEN TAG Nicole 11:00 - 12:00 F3	BBP Mariella 17:00 - 18:00 F4	FATBURNER Sandra 18:00 - 19:00 F4	YOGA Simone 09:30 - 10:45 F2	CHI YOGA Frank 16:00 - 17:30 F2	JUMPING Eva 14:30 - 15:30 F5
BODYSTYLING Regina 17:00 - 18:00 F5	JUMPING KIDS Heike 17:00 - 18:00 F5	INTENSE YOGA Werner 18:30 - 20:00 F2	JUMPING Jessi / Eva 18:00 - 19:00 F5	FASZIEN-BLACKROLL Regina 16:30 - 17:00 F5		
RÜCKEN&FASZIEN Regina 18:00 - 19:00 F5	BODYFIT-TRX Mariella 17:00 - 18:00 F4	FITMIX Mariella 18:00 - 19:00 F4	CBC-CYCLING Peter 18:30 - 19:30 F1	BODYSTYLING Regina 17:00 - 18:00 F5		
INTENSE YOGA Werner 18:00 - 19:15 F2	DEEPWORK Christiane 18:00 - 19:00 F4	JUMPING CIRCUIT Eva 18:00 - 19:00 F5	YOGA Ramona 19:00 - 20:30 F2	STEP BASIC Jeanette 17:00 - 18:00 F4		
INTENSE YOGA III Werner 19:30 - 20:45 F2	SPINNING Mariella 18:00 - 19:00 F1	IRON SYSTEM Christiane 19:00 - 20:00 F4	IRON SYSTEM Sandra 19:00 - 20:00 F4	RÜCKENYOGA Jeanette 18:00 - 19:15 F2		
FUNCTIONAL Markus 19:00 - 20:00 F4	BOUNCING Beate 18:00 - 19:00 F5	ZUMBA Caterina 19:00 - 20:00 F5	ZUMBA Katia 19:30 - 20:30 F5	IRON SYSTEM Christiane 18:00 - 19:00 F4		
SPINNING Meik 19:00 - 20:00 F1	JUMPING Jessi 19:00 - 20:00 F5	SYNRGY 360 David 19:00 - 20:00 KL	HIT-CYCLING Peter 19:30 - 20:15 F1	FUNCTIONAL-TRX Markus 19:00 - 20:00 F4		
FATBURNER Evi 19:30 - 20:30 F3	BODYWORKOUT Evi 19:30 - 21:00 F4	SPINNING Markus 20:00 - 21:00 F1	WSG Heike 20:00 - 21:00 F3	SYNRGY 360 Eva 18:00 - 19:00 KL		
SPINNING Markus 20:00 - 21:00 F1	VINYASA HATHA YOGA Christina 20:00 - 21:15 F2	DEEPWORK Sandra 20:00 - 21:00 F4		JUMPING Markus 20:00 - 21:00 F5		
ZUMBA David 20:00 - 21:00 F5		BBP Meik 20:00 - 21:00 F5				
IRON SYSTEM Kerstin 20:30 - 21:30 F4						

F 1-5 • Gesundheitssportzentrum
KL • Kraft- Leistungszentrum

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Sankt-Florian-Straße 2
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ÖFFNUNGSZEITEN
Mo/Mi/Fr: 06-23 Uhr
Di/Do: 08-23 Uhr
Sa/So: 08-20 Uhr

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