

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<b>WAKE UP</b> Luisa 08:00 - 09:00 F5	<b>FASZIENTRAINING</b> Nicole 09:15 - 09:45 F5	<b>FIT IN DEN MORGEN</b> Markus 09:15 - 10:15 F4	<b>RÜCKENFIT</b> Regina 08:15 - 09:15 F5	<b>PILATES</b> Nicole 08:30 - 09:30 F5	<b>BODYART</b> Jeannette 10:00 - 11:30 Dachterrasse / F2	<b>JUMPING</b> Kira 09:30 - 10:30 F5
<b>GOOD MORNING YOGA*</b> Anette 09:45 - 11:15 <i>zweiwöchig</i> Dachterrasse / F2	<b>BBP</b> Nicole 09:45 - 10:45 F5	<b>FITMIX</b> Mariella 17:00 - 18:00 F4	<b>FIT IN DEN MORGEN</b> Markus 09:15 - 10:15 F4	<b>BODYFIT</b> Mariella 09:30 - 10:30 F4	<b>JUMPING</b> Heike 10:00 - 11:00 F5	<b>CBC-CYCLING</b> René 09:45 - 10:45 F1
<b>RÜCKEN &amp; FASZIEN</b> Christiane 18:00 - 19:00 F4	<b>ZUMBA easy</b> Caterina 11:00 - 12:00 F5	<b>JUMPING CIRCUIT</b> Eva 18:00 - 19:00 F5	<b>METCON</b> Christiane 17:00 - 18:00 F4	<b>RÜCKEN YOGA</b> Jeannette 16:00 - 17:15 F2	<b>ZUMBA</b> Luis 10:00 - 11:00 F4	<b>SUNDAY YOGA</b> wechselnde Trainerinnen 10:30 - 11:30 F2
<b>HULA POWER</b> Eva 18:00 - 19:00 F5	<b>TOTAL BODY CROSSX</b> Sebastian 18:00 - 19:30 F4	<b>CBC-CYCLING</b> Katrina 18:00 - 19:00 F1	<b>FATBURNER</b> Sandra 18:00 - 19:00 F4	<b>TOTAL BODY INTENSE</b> Regina 17:00 - 18:00 F5	<b>CHI YOGA</b> Frank 16:00 - 17:30 F2	<b>BAUCH BEINE PO</b> Steffi 10:30 - 12:00 F5
<b>INTENSE YOGA</b> Susana 18:00 - 19:30 Dachterrasse / F2	<b>VINYASA YOGA</b> Sandra Sk. 18:30 - 20:00 Dachterrasse / F2	<b>HATHA YOGA FLOW</b> Jessica K. 18:30 - 20:00 F2	<b>SYNRGY 360</b> Markus 18:30 - 20:00 KLZ	<b>RÜCKEN YOGA</b> Jeannette 17:30 - 18:45 F2	<b>CBC-CYCLING</b> René 11:00 - 12:00 F1	
<b>CBC-CYCLING</b> Markus 18:00 - 19:00 F1	<b>CBC-CYCLING</b> Sandra 19:00 - 20:00 F1	<b>BODYWORKOUT</b> Meik 19:00 - 20:00 Dachterrasse / F5	<b>HOT IRON</b> Sandra 19:00 - 20:00 F4	<b>ZUMBA</b> Caterina 18:00 - 19:00 F4		
<b>FATBURNER</b> Luisa 19:00 - 20:00 F4	<b>SYNRGY 360</b> Eva 19:00 - 20:00 KLZ	<b>FUNCTIONAL TRX</b> Markus 19:15 - 20:15 F4	<b>CBC-CYCLING</b> René 19:00 - 20:00 F1	<b>JUMPING</b> Kerstin 18:15 - 19:15 F5		
<b>TOTAL TABATA</b> Eva & Markus 19:15 - 20:15 F5	<b>JUMPING FUNCTIONAL</b> Kerstin / Sebastian 19:30 - 20:30 F5		<b>VINYASA YOGA</b> Sandra Sk. / Susana P. 19:00 - 20:30 F2			
<b>CBC-CYCLING</b> Meik 19:15 - 20:15 F1			<b>JUMPING</b> Sebastian 19:00 - 20:00 F5			

\*  
Kein regelmäßiger Kurs  
Termine in der App ersichtlich

