

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

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Kein regelmäßiger Kurs
Termine in der App ersichtlich

