



Tag	Kurs	Trainer*in	Zeit
Montag	Vital-Fit	Mario N.	09:30 - 10:25
	BODYPUMP®	Patrick Z.	12:15 - 13:10
	Yoga	Ines H.	17:00 - 17:55
	Bodytoning	Maria M.	18:00 - 18:55
	M.A.X .@	Daniela S.	19:00 - 19:25
	BODYPUMP®	Daniela S.	19:30 - 20:25
Dienstag	BODYPUMP®	Regula K./Simone W	06:45 - 07:40
	Antara	Mario N.	09:30 - 10:25
	Stretching	Mario N.	10:30 - 10:55
	Pilates	Odette P.	12:15 - 13:10
	BODYPUMP® (english)	Kirsty R.	13:15 - 14:10
	Bodytoning	Mario N.	18:00 - 18:55
	ZUMBA®	Simon H.	19:00 - 19:55
	ZUMBA®	Simon H.	20:00 - 20:55
Mittwoch	Rückentraining	Mario N.	09:30 - 10:25
	Rückentraining	Mario N.	10:30 - 11:25
	BODYPUMP®	Andre S.	12:15 - 13:10
	Yoga	Stephan B.	18:00 - 18:55
	Intervall Training	Mario N.	19:00 - 19:55
	Pilates	Stephan B.	20:00 - 20:55
Donnerstag	Bodytoning	Anna M.	09:30 - 10:25
	Pilates	Wan Soo Y.	12:15 - 13:10
	BODYCOMBAT®	Simone W.	17:00 - 17:55
	M.A.X .@	Wan Soo Y.	18:00 - 18:25
	Coretraining	Wan Soo Y..	18:30 - 18:55
	BODYPUMP®	Karin St.	19:00 - 19:55
Freitag	Vital-Fit Balance	Sabine F.	09:30 - 10:25
	BODYCOMBAT® Best of 5 Years	Charlotte D.	11:30 - 12:10
	Power Yoga On the Beat	Jacqueline N.	12:15 - 13:10
	Pilates Let`s have fun	Odette P.	17:00 - 17:55
	Bodytoning 80`s Mood	Anna S.	18:00 - 18:55
	ZUMBA® Belated Halloween	Pedro G.	19:00 - 19:55
Samstag	ZUMBA® Weekend Flavour	Younglan A.	10:30 - 11:25
	M.A.X .@ goes RED	Ivan J.	11:30 - 11:55
	BODYPUMP® Ivan`s Favourites	Ivan J.	12:00 - 12:55
	BODYCOMBAT® best of 5 years	Charlotte D.	13:00 - 13:55
Sonntag	Yoga Soft Power	Yvonne B.	10:00 - 11:10
	Yoga Balance	Peter G.	12:00 - 13:10
	BODYPUMP® Technik - Fokus	Odette P.	16:00 - 16:55

