



Tag	Kurs	Trainer*in	Zeit	Raum
Montag	FunTone®	Eva G.	09:15 - 10:10	1
	Pilates	Greta F.	09:15 - 10:10	2
	TôSôX®	Rebecca F.	10:15 - 11:10	1
	ZUMBA®	Pedro G.	12:15 - 13:10	1
	BODYPUMP®	Charlotte D.	18:00 - 18:55	1
	TôSôX®	Lea B.	19:00 - 19:55	1
	Vinyasa Yoga	Victoria D.	18:00 - 18:55	2
	Coretraining	Victoria D.	19:00 - 19:55	2
Dienstag	Indoor Cycling	Gabriela B.	07:00 - 07:40	1
	BODYPUMP®	Britta R.	09:15 - 10:10	1
	Yoga	Svetlana C.	09:15 - 10:40	2
	Dance	Ria S.	10:15 - 11:10	1
	Pilates	Natasha N.	12:15 - 13:10	2
	M.A.X.®	Cyrill L.	12:15 - 12:40	1
	Pilates	Eva G.	18:15 - 19:10	2
	BODYPUMP®	Patrick H.	18:15 - 19:10	1
	Coretraining	Patrick H.	19:15 - 19:40	1
	ZUMBA®	Lucrezia M.	19:15 - 20:10	2
Mittwoch	Bodytoning	Isabelle F.	09:15 - 10:10	1
	Antara®	Isabelle F.	10:15 - 11:10	1
	BODYPUMP®	Irina S.	12:15 - 13:10	1
	Yoga	Peter G.	12:15 - 13:25	2
	Pilates	Claudia Z.	17:30 - 18:25	2
	Indoor Cycling	Martin S.	18:00 - 18:55	1
	Power Yoga	Michelle Ha.	18:30 - 19:55	2
	BODYPUMP®	Roy F.	19:15 - 20:10	1
Donnerstag	FunTone®	Irina S.	09:15 - 10:10	1
	Yoga	Paola B.	09:15 - 10:40	2
	BodyART®	Gudrun K.	10:15 - 11:10	1
	Bodytoning	Gabriela B.	12:15 - 13:10	1
	Step	Fabian K.	17:30 - 18:25	1
	Functional Fitness Indoor	Fabian K.	18:30 - 19:10	1
	Indoor Cycling	Claudia D.	19:15 - 20:10	1
Freitag	BODYPUMP® meets M.A.X.®	Irina S.	09:15 - 10:25	1
	Power Yoga «Upside-Down»	Michelle Ha.	09:15 - 10:40	2
	Indoor Cycling «Red-Power-Cycling»	Daniel S.	12:00 - 12:55	1
	Pilates «Rock'n'Roller»	Wan Soo Y.	12:00 - 12:55	2
	BODYPUMP® «extended»	Patrick Ha.	18:00 - 19:10	1
	TôSôX® «Full-Power»	Lea B.	18:00 - 18:55	2
Samstag	BODYPUMP® meets Coretraining	Désirée L.	09:15 - 10:25	1
	Yoga «Sun- and Moon-Variations»	Jacqueline N.	09:30 - 10:55	2
	ZUMBA®-Fiesta	Lucrezia M.	10:30 - 11:25	1
	Pilates meets Stretching	Bianca T.	11:15 - 12:10	2
Sonntag	Indoor Cycling «Fire Work»	Seyram B.	09:10 - 10:05	1
	Power Yoga «Hips- & Lotus-Variations»	Michelle Ha.	10:00 - 11:25	2
	Indoor Cycling «Fire Work»	Seyram B.	10:20 - 11:15	1
	Coretraining «Core'n'Plank»	Sabine B.	11:30 - 11:55	1
	BODYPUMP® «Pump it like 10 Years ago»	Sabine B.	12:00 - 12:55	1
	BODYPUMP® mit Techniktraining	Josianne G.	16:00 - 17:10	1