



KURSPLAN

gültig ab 01.09.2022

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Yoga BASIC 08:45 - 09:45 Sylvia	Meditation 08:00 - 08:45 Lutz	Meditation 08:15 - 09:00 Valentine	Yoga meets BODYART 08:15 - 09:15 Nika			
	Aroha 09:00 - 09:50 Sabrina		Meditation 09:30 - 10:15 Konstantin	Rückenyo 09:00 - 10:15 Sylvia		
Hatha Yoga 10:00 - 11:30 Sylvia	DEEN Workout Beweglichkeit 10:00 - 10:30 Sabrina	Qi Gong 10:00 - 11:00 Parichard	DEEN Workout Bauch Beine Po 10:30 - 11:20 Eva	BODYART Med. & Recovery 10:30 - 11:30 Caro		BODYART energetic 10:30 - 11:30 Sabrina
	VitaFIT 11:30 - 12:30 Sven (SAAL 1)	Tai Chi 11:10 - 12:10 Parichard			DEEPWORK 11:00 - 12:00 Martin	
Yoga 16:45 - 17:45 Sophie (ATRIUM)			VitaFIT 17:00 - 18:00 Sven (ATRIUM)		Yoga BASIC 14:00 - 15:00 Sophie (ATRIUM)	
	STEP Aerobic 17:00 - 18:00 Serkan (Saal 4)	Faszientraining 17:00 - 17:50 Ruth	Stabilisationstraining 17:15 - 18:15 Sylvia	Pilates 17:00 - 17:50 Petra		
Intervalltraining 17:00 - 17:50 Moritz	BODYART 17:00 - 18:00 Caro		Zirkeltraining 17:45 - 18:15 Moritz (Trainingsfläche)			
Pilates 18:00 - 18:50 Annette	Meditation 18:15 - 19:00 Sophie	Aroha 18:00 - 18:50 Ruth	Latin Fitness 18:15 - 19:00 Karo (Saal 3)	Yin Yoga 18:00 - 19:00 Petra		
			STEP Aerobic BASIC 18:10 - 19:10 Serkan (Saal 4)			
DEEN Workout Rücken 19:00 - 19:50 Annette	Hatha Yoga 19:15 - 20:45 Nika	BODYART internat. 19:00 - 20:15 Martin	DEEN Workout Rücken 18:30 - 19:20 Susanna			
			DEEN Workout FitMix 19:30 - 20:20 Susanna			

