



KURSPLAN

gültig ab 01.03.2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Yoga BASIC 08:45 - 09:45 Sylvia		Meditation 08:15 - 09:00 Valentine	Yoga meets BODYART 08:15 - 09:15 Nika			
	DEEN Workout Beweglichkeit 09:20 - 09:50 Sabrina		Meditation 09:30 - 10:15 Konstantin	Rücken yoga 09:00 - 10:15 Sylvia		
Hatha Yoga 10:00 - 11:30 Sylvia	Aroha 10:00 - 10:50 Sabrina	Qi Gong 10:00 - 11:00 Parichard	DEEN Workout Bauch Beine Po 10:30 - 11:20 TEAM	BODYART Med. & Rec. 10:30 - 11:30 Caro		BODYART energetic 10:30 - 11:30 Sabrina
		Tai Chi 11:10 - 12:10 Parichard			DEEPWORK 11:00 - 12:00 Martin	
	Latin Move 15:45 - 16:45 Max (ATRIUM)			Elonga 15:30 - 16:30 Sophie (ATRIUM)	Yoga BASIC 14:00 - 15:15 Sophie (ATRIUM)	
Yoga 16:45 - 17:45 Sophie (ATRIUM)		Faszientraining 17:00 - 17:50 Ruth	VitaFIT 17:00 - 18:00 Sven (Saal 2)			
DEEN Workout functional 17:00 - 17:45 Moritz	BODYART 17:00 - 18:00 Caro		Stabilisationstraining 17:15 - 18:15 Sylvia	Pilates 17:00 - 17:50 Gesine		
Isolation und Körperbewegung 18:10 - 19:10 Tabea (Saal 3)	Dance Fitness 17:00 - 17:45 Sven (Saal 1)	Aroha 18:00 - 18:50 Ruth	Zirkeltraining 17:45 - 18:15 TEAM (Trainingsfläche)	Vinyasa Flow 18:00 - 19:00 Gesine		
Pilates 18:00 - 18:50 Annette						
DEEN Workout Rücken 19:00 - 19:50 Annette	Hatha Yoga 19:15 - 20:45 Nika	BODYART 19:00 - 20:00 Martin	DEEN Workout Rücken 18:30 - 19:20 Susanna	Hip Hop Oldies 19:25 - 20:25 Maxi (Saal 4)		
Bewegungs- und Klangmeditation 20:00 - 20:50 Lutz			DEEN Workout FitMix 19:30 - 20:20 Susanna			

