



KURSPLAN

gültig ab 01.07.2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		Meditation 08:15- 09:00 Valentine (Saal 4)				
Yoga BASIC 08:45 - 09:45 Sylvia (Saal 4)	DEEN Workout Beweglichkeit 09:20 - 09:50 Sabrina (Saal 4)	Pilates 08:15- 09:05 Anja (Saal 5) <i>ab August</i>	Yoga meets BODYART 08:15 - 09:15 Nika (Saal 4)			
		BODY Workout 09:15- 10:05 Anja (Saal 5) <i>ab August</i>	Meditation 09:30 - 10:15 Konstantin (Saal 4)	Rücken yoga 09:00 - 10:15 Sylvia (Saal 4)		
Hatha Yoga 10:00 - 11:30 Sylvia (Saal 4)	Aroha 10:00 - 10:50 Sabrina (Saal 4)	Qi Gong 10:00 - 11:00 Parichard (Saal 4)	DEEN Workout Bauch Beine Po 10:30- 11:20 Vivien (Saal 4)	BODYART Med. & Rec. 10:30 - 11:30 Caro (Saal 4)		BODYART energetic 10:30 - 11:30 Sabrina (Saal 4)
		Beckenboden 10:15- 10:45 Anja (Saal 5) <i>ab August</i>			DEEPWORK 11:00 - 12:00 Martin (Saal 4)	
		Tai Chi 11:10 - 12:10 Parichard (Saal 4)				
Yoga 16:45 - 17:45 Sophie (ATRIUM)	Latin Move 15:45- 16:45 Max (ATRIUM)	Faszientraining 16:15 - 17:05 Ruth (Saal 5)	VitaFIT 17:00- 18:00 Sven (Saal 2)	Elonga 15:30 - 16:30 Sophie (ATRIUM)	Yoga BASIC 14:00- 15:15 Sophie (ATRIUM)	
DEEN Workout functional 16:30- 17:20 Moritz (Saal 5)	BODYART 17:00 - 17:50 Caro (ATRIUM)	Aroha 17:15 - 18:05 Ruth (Saal 4)	Stabilisationstraining 17:00 - 17:50 Sylvia (Saal 5)	Pilates 17:00 - 17:50 Gesine (Saal 5)		
Pilates 17:30 18:20 Annette (Saal 2)	Dance Fitness 17:00- 17:45 Sven (Saal 1)	Core Express 17:30 - 18:00 TEAM (Trainingsfläche) <i>ab September</i>	Zirkeltraining 17:45- 18:15 Moritz (Trainingsfläche)	Vinyasa Flow 18:00 - 19:00 Gesine (Saal 5)		
Isolation und Körperbewegung 18:10- 19:10 Tabea (Saal 3)		Mobility Express 18:00 - 18:30 TEAM (Trainingsfläche) <i>ab September</i>				
DEEN Workout Rücken 18:30- 19:20 Annette (Saal 2)			DEEN Workout Rücken 18:30 - 19:20 Susanna (Saal 4)	Hip Hop Oldies 19:25 - 20:25 Maxi (Saal 4)		
	Hatha Yoga 20:35- 21:35 Nika (Saal 4)		DEEN Workout FitMix 19:30 - 20:20 Susanna (Saal 5)			

