

KURSRAUM 1

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:30 – 09:30 Pilates Sabine	09:00 – 10:00 Faszien Doris	06:30 – 07:30 Yoga sensitiv Oliver	08:30 – 09:30 Zumba Fitness Bettina	06:30 – 07:30 Body Pump Gabby	09:30 – 10:30 BBP Sabine	09:00 – 10:00 Yoga sensitiv Sabine
09:45 – 10:45 Toning Workout Carmen	10:15 – 11:15 BBP Traudly	09:00 – 10:00 Rücken Nicole	10:15 – 11:15 Rücken Traudly	08:30 – 09:30 Body Combat Ilona	10:45 – 11:30 HIIT Workout Sabine	10:15 – 11:15 Toning Workout Julie
16:45 – 17:45 Body Pump Eva	16:15 – 17:15 Body Pump Kathrin K.	10:15 – 11:15 Body Pump Kathrin K.	18:00 – 19:00 Jumping Fitness Sylvia	10:00 – 11:00 Zumba Fitness Monica	15:30 – 16:30 Body Pump Sylvia	11:30 – 12:15 XCO Julie
18:00 – 19:00 Step Anita	17:30 – 18:30 Jumping Fitness Sabine	17:30 – 18:15 Fatburner/Aerobic Traudly	19:15 – 20:15 BBP Kathrin B.	17:15 – 18:00 Bauch plus Anita	17:00 – 18:00 Yoga sensitiv Oliver	17:00 – 18:00 Body Pump Dieter
19:15 – 20:15 Rücken Nicole	18:45 – 19:45 BBP Eva	18:30 – 19:30 Body Combat Babsi		18:15 – 19:15 Toning Workout Anita		18:15 – 19:15 BBP Dieter
20:30 – 21:30 Body Pump David	20:00 – 21:00 Body Pump Gitty	19:45 – 20:45 Zumba Fitness Daniela		20:00 – 21:00 Body Pump Tom		

KURSRAUM 2

08:30 – 09:30 Rücken Traudly	09:00 – 10:00 TRX Claudia B.	10:15 – 11:15 bodyART Carmen	09:00 – 10:00 Yoga intensiv Sabine	08:30 – 09:30 Yoga meditativ Sabine	13:00 – 14:30 Krav Maga Markus	9:00 – 10:00 Zumba Fitness Bettina
09:45 – 10:45 Rücken Sabine	10:15 – 11:15 Rücken Andrea	18:30 – 19:30 Yoga sensitiv Sandra H.	10:15 – 11:15 BBP Andrea	09:45 – 10:45 Rücken Sabine		10:15 – 11:15 Yoga intensiv Sabine
20:00 – 21:00 Yoga Workout Gabby	18:30 – 19:30 Kettlebell Markus	19:45 – 20:45 TRX Barbara	18:30 – 19:30 Pilates/faszien Doris	18:15 – 19:15 Yoga intensiv Luba		
	19:45 – 20:45 Yoga sensitiv Dani					

KURSRAUM 3

09:30 – 10:30 Mixed Class Lucy	06:30 – 07:30 Morning Cycling Caro	09:00 – 10:00 Einsteiger Kathrin	18:00 – 19:00 Intervall Manuela	09:30 – 10:30 Mixed Class Moni	09:30 – 10:30 Mountain Rosa	09:30 – 10:30 Einsteiger Kathrin
17:00 – 18:00 Intervall Jutta	09:00 – 10:00 Einsteiger Andrea	18:00 – 19:00 Mixed Class Claudia		18:00 – 19:00 Einsteiger Jürgen	10:45 – 11:45 Einsteiger Rosa	10:45 – 11:45 Intervall Kathrin
18:15 – 19:15 Ausdauer Rosa	18:00 – 19:00 Einsteiger Ralf	19:15 – 20:15 Mountain Jürgen		19:15 – 20:15 Fun Cycling Jürgen	17:00 – 18:00 Mixed Class Caro	
19:30 – 20:30 Mountain Rosa	19:15 – 20:15 Intervall Ralf					

Functional

17:30 – 18:15 BodyCross Tina	17:30 – 18:15 BodyCross Lucy	18:00 – 18:45 BodyCross Markus	09:30 – 10:15 BodyCross Jutta	16:00 – 16:45 BodyCross Tina	09:30 – 10:15 BodyCross Kevin	FREIES TRAINING
18:30 – 19:15 BodyCross Chris		19:00 – 19:45 BodyCross Sylvia		17:00 – 17:45 BodyCross Tina	10:30 – 17:45 Teenies Kevin	

Outdoor

		18:00 Laufgruppe Rosa & Kathrin	18:00 Functional Workout im Plus Park Mando	11:15 Yoga im Plus Park Sabine		
		18:30 Nordic Walking am Seehaus/Baggersee Nicole		18:00 – open end Beachvolloball am Baggersee Helge & Holger		