

# Kursplan

10.12.2018 - 16.12.2018

Montag 10.12.2018	Dienstag 11.12.2018	Mittwoch 12.12.2018	Donnerstag 13.12.2018	Freitag 14.12.2018	Samstag 15.12.2018	Sonntag 16.12.2018
09:00 - 09:55 Bodyforming Sandra	09:00 - 09:55 Fatburner Workout Franzi	09:00 - 09:55 Bodyforming + Rücke... Wladimir	09:00 - 09:55 4D PRO Bungee Fitne... Sharky	09:00 - 09:55 Bodyforming Susa	09:30 - 10:55 Hatha Yoga Elena	10:00 - 10:55 Langhantel Workout ... Trainer-Team
10:00 - 10:40 4 D Pro Bungee Fitn... Sandra	10:00 - 10:55 Bodyforming Franzi	09:30 - 10:25 Jumping Fitness Vittoria	10:00 - 10:55 Kangoo Jump... Vittoria	09:30 - 10:55 Hatha Yoga Stephan	09:30 - 10:25 Bodyforming Sonja	10:00 - 10:55 Jazz Workout Dance Demitre
10:00 - 10:55 Fatburner Cycling Sandra W.	16:30 - 17:25 Bodyforming Iris	09:30 - 10:55 Hatha Yoga Stephan	10:00 - 11:25 Hatha Yoga Elena	10:00 - 10:55 Mama Workout Sandra	10:00 - 10:55 HiitUp! Inna	11:00 - 11:55 Power Boxing Andi/ Mchael/Katja
16:30 - 17:25 Bodyforming Agata	17:30 - 18:25 TaeBo® Sharky	10:00 - 10:55 Mama Workout Sandra S.	16:30 - 17:25 Rückenfit Wladimir	10:00 - 10:55 Pilates Susa	10:30 - 11:25 Latino Dance Sonja	11:00 - 11:55 Intervall Cycling Trainer-Team
16:30 - 17:25 Power Kids (4-8J.) Sarah	17:30 - 18:30 Balance Swing Iris	16:30 - 17:25 Step / 14 tägig Michael R.	16:30 - 17:25 Bodyforming Sandra W.	16:30 - 17:25 Fatburner Workout Iris	10:30 - 11:25 Dance Step Sonja	11:00 - 11:55 Dynamic Harmony Demitre
17:00 - 17:55 Langhantel Workout Iris	18:00 - 18:55 TRX® Suspension Tra... Elena	16:30 - 17:25 Fatburner Workout Inna	18:00 - 18:40 ViPR Sharky	17:30 - 17:55 XCO Fatburner Iris	11:00 - 11:55 TaeBo® Andi	17:00 - 17:55 4D PRO Bungee Fitne... Marc & Manu
17:30 - 17:55 Six Pack Agata	18:00 - 18:55 Kangoo Jump... Vittoria	17:30 - 17:55 Six Pack Moni	18:00 - 18:55 deepWORK Iris	18:00 - 18:55 Yoga Wladimir	11:00 - 11:55 Fatburner Workout Inna	17:00 - 17:55 Bauch-Beine-Po (BBP... Trainer Team
18:00 - 18:55 Tae Bo® Intro Sarah	18:30 - 19:25 bodyART Sandra	18:00 - 18:55 HiitUp! Iris	18:00 - 18:55 Langhantel Workout Ruth	18:00 - 18:55 Langhantel Workout Sandra S.		18:00 - 18:55 Fatburner Workout Raffaella
18:00 - 18:55 Fatburner Workout Agata	18:30 - 19:25 Bauch-Beine-Po (BBP... Leni	18:00 - 18:55 Bodyforming Moni	18:00 - 18:55 Strong by Zumba® Marion	18:00 - 18:55 Jumping Fitness Iris		18:00 - 18:55 Special Time
18:30 - 18:55 Step Ines	18:30 - 19:25 Fatburner Cycling Iris	18:00 - 18:55 Polefitness Basic Samantha	19:00 - 19:55 Cycling Marc & Manu	19:00 - 19:55 Bodyforming Rosi		
18:30 - 19:55 Hatha Yoga Martina	19:00 - 20:25 Yoga Wladimir	18:15 - 19:40 Hatha Yoga Stephan	19:00 - 19:55 TaeBo® Sharky	19:00 - 19:55 Hip Hop Wladimir		
19:00 - 19:55 Fatburner Cycling Peter	19:00 - 19:55 TaeBo® Katja	19:00 - 19:55 Fatburner Cycling Peter	19:00 - 19:55 TRX® Suspension Tra... Michael	19:00 - 19:55 HiitUp! Inna		
19:00 - 19:55 Flexi-Bar® meets WS... Moni	19:00 - 19:55 funktionelles Zirkel... Elena	19:00 - 19:55 Langhantel Workout Moni	19:00 - 19:25 Six Pack Ruth			
19:00 - 19:55 Polefitness Basic Micha	19:30 - 20:25 HiitUp! Leni	19:00 - 19:55 Zumba® Anna	19:30 - 20:25 Fatburner Workout Ruth			
19:00 - 19:55 Bauch-Beine-Po (BBP... Vittoria		19:00 - 19:55 4D PRO Bungee Fitne... Sharky	20:00 - 20:55 BodyCROSS® Michael			
19:00 - 19:55 TRX® Suspension Tra... Michael		20:00 - 20:55 Fatburner Workout Moni	20:00 - 21:25 Hatha Yoga Stephan			
20:00 - 20:55 Jumping Fitness Sharky		20:00 - 20:55 Pilates Sonja				
20:00 - 20:55 BodyCROSS® Michael		20:00 - 20:55 Power Boxing Andi				
20:00 - 20:55 Antigravity® Yoga Micha						
20:00 - 20:55 Bodyforming Moni						

Anfänger

Für Alle

Kids

Mittelstufe

Stand: 11.12.2018

MyRide®

Neu

Outdoor

Reservierungspf...