

KURSTAFEL

MONTAG

12:00 H - 12:30 H	{1-3}	FUNCTIONAL 30	Ioannis Balatsos
12:30 H - 13:00 H	{1-3}	FASZIEN & MOBILITY 30	Ioannis Balatsos
18:00 H - 19:00 H	{1-3}	PILATES 60	Ricky von Ramin
19:00 H - 20:00 H	{1-3}	ZUMBA 60	Ricky von Ramin
20:00 H - 21:00 H	{1-3}	RÜCKENFIT 60	Ricky von Ramin

DIENSTAG

18:00 H - 19:00 H	{1-3}	BODY COMPLETE 60	Oliver Braun
19:00 H - 20:00 H	{1-3}	FUNCTIONAL 60	Oliver Braun
20:00 H - 21:15 H	{1-3}	VINYASA YOGA 75	Wiebke Hüster

MITTWOCH

12:30 H - 13:00 H	{1-3}	CORE TRAINING 30	Vanessa / Leila
18:00 H - 19:00 H	{1-3}	RÜCKEN FIT 60	Ricky von Ramin
19:00 H - 20:00 H	{1-3}	ZUMBA 60	Ricky von Ramin
20:00 H - 21:30 H	{1-3}	BOXEN 90	Ali Zandi

DONNERSTAG

18:00 H - 19:00 H	{1-3}	FUNCTIONAL 60	Vanessa / Corinna
19:00 H - 20:00 H	{2-3}	HOT IRON II 60	Vanessa / Corinna
20:00 H - 21:15 H	{1-3}	VINYASA YOGA 75	Morris Vockerodt

FREITAG

12:30 H - 13:00 H	{1-3}	CORE TRAINING 30	Vanessa / Leila
17:30 H - 18:00 H	{1-3}	HIIT* 30	Ioannis Balatsos
18:00 H - 18:30 H	{1-3}	CORE TRAINING 30	Ioannis Balatsos
18:30 H - 19:00 H	{1-3}	STRETCH & RELAX 30	Ioannis Balatsos

SAMSTAG

11:00 H - 12:00 H	{1-3}	PILATES 60	Barbara Sprunkel
12:00 H - 12:30 H	{1-3}	HIIT* 30	Doreen Stolle
12:30 H - 13:30 H	{1-3}	ZUMBA 60	Doreen Stolle

SONNTAG

11:00 H - 12:00 H	{1-3}	RÜCKEN & BAUCH 60	Corinna Wolf
12:00 H - 13:00 H	{1-2}	HOT IRON I 60	Corinna Wolf
13:00 H - 14:15 H	{1-3}	VINYASA YOGA 75	Morris Vockerodt
14:30 H - 16:00 H	{1-3}	BOXEN 90	Ali Zandi

{1} EIN- & WIEDEREINSTEIGER · {2} MIT VORKENNTNISSEN · {3} MIT GUTEN VORKENNTNISSEN · {1-3} FÜR ALLE

*HIGH INTENSITY INTERVALL TRAINING