

# KURSPLAN

| RAUM | MONTAG                      | RAUM | DIENSTAG                         | RAUM | MITTWOCH               | RAUM | DONNERSTAG                         | RAUM | FREITAG                  | RAUM | SAMSTAG                  | RAUM | SONNTAG                  |
|------|-----------------------------|------|----------------------------------|------|------------------------|------|------------------------------------|------|--------------------------|------|--------------------------|------|--------------------------|
| 2    | Rückenfit<br>9.30<br>60     | 1    | Faszientraining<br>8.30<br>30    | 2    | BBP<br>9.00<br>60      | 1    | Full Body Functional<br>9.00<br>60 | 2    | Bodypump*<br>9.30<br>60  | 2    | BBP<br>9.30<br>60        | 2    | Bodypump*<br>10.00<br>60 |
|      |                             | 2    | Pilates<br>10.10<br>60           | 1    | Yoga<br>10.30<br>90    | 3    | TRX Training<br>9.30<br>60         | 1    | Yoga<br>10.30<br>90      | 1    | Pilates<br>10.30<br>60   | 1    | Cycling<br>11.15<br>60   |
| 3    | TRX Training<br>10.40<br>60 | 1    | Functionaltraining<br>9.05<br>60 |      |                        | 2    | Yogilates<br>10.30<br>90           | 2    | CORE-X<br>10.35<br>30    | 2    | Bodypump*<br>10.35<br>60 |      |                          |
|      |                             | 2    | Relax Yoga<br>11.10<br>60        |      |                        | 3    | TRX Training<br>10.35<br>60        |      |                          |      |                          |      |                          |
|      |                             | 1    | Cycling<br>10.10<br>60           |      |                        |      |                                    |      |                          |      |                          |      |                          |
| 2    | Bodypump*<br>18.15<br>60    | 2    | CORE-X<br>18.10<br>45            |      |                        |      |                                    |      |                          |      |                          | 1    | Yoga<br>18.00<br>90      |
| 1    | Cycling<br>18.20<br>60      | 2    | Bodypump*<br>19.00<br>60         | 1    | Cycling<br>18.45<br>60 | 2    | Bodypump*<br>18.40<br>60           | 2    | Bodypump*<br>17.30<br>60 |      |                          |      |                          |
| 1    | Yoga<br>19.30<br>90         | 1    | Zumba<br>19.15<br>60             | 2    | Yoga<br>19.30<br>90    |      |                                    |      |                          |      |                          |      |                          |

Cycling
  Kraft
  Stabilität
  Ausdauer
  Körper, Geist & Seele

Anderungen im Kursplan vorbehalten.

Trainingsraum:  
 1 = Raum 1  
 2 = Raum 2  
 3 = Raum 3

T = Trainingsfläche  
 F = Funktional-Area