

Montag, 21.01.

UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	BauchBeinePo	Lisa Maria	
10:30 - 11:30	Power Stretch	Lisa Maria	
16:30 - 17:30	H.I.I.T - Tabata	Vanja	
17:30 - 18:30	Stars Iron	Paul	
18:30 - 19:30	Pilates	Milena	
19:30 - 20:30	Deepwork	Andrea	
20:30 - 21:30	Salsation	Marcos	

Dienstag, 22.01.

UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	Good Morning Power	Simon	
08:30 - 09:30	Deepwork	Simon	
09:30 - 10:30	Functional Training	Nick	
10:30 - 11:30	RückenYoga	Nick	
16:30 - 17:30	Bodywork	Teresa	
17:30 - 18:30	Kurzhantertraining	Hamed	
18:30 - 19:30	Medical Yoga	Michel	
19:30 - 20:30	Hot Iron	Hannah	
20:30 - 21:00	Sixpack	Hamed	

Mittwoch, 23.01.

UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Backhealth	Grant	
10:30 - 11:30	Hot Iron	Marco	
11:30 - 12:00	Core Training	Marco	
16:30 - 17:30	Salsation	Ivan	
17:30 - 18:30	Bodywork	Ivan	
18:30 - 19:30	BauchBeinePo	Lucia	
19:30 - 20:30	Backhealth	Simon	
20:30 - 21:30	Cardio Sixpack	Vanja	

Donnerstag, 24.01.

UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	H.I.I.T - Tabata	Mona	
08:30 - 09:30	BauchBeinePo	Pat	
09:30 - 10:30	Bodywork Choreo	Krisztina	
10:30 - 11:30	Yoga	Selma	
16:30 - 17:30	StepFatburning	Iris	
17:30 - 18:30	Capoeira	Alan	
18:30 - 19:30	Amani	Isabella	
19:30 - 20:30	Hot Iron	Azra	
20:30 - 21:30	Yin Yoga	Mona	

Freitag, 25.01.

UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Pilates	Milena	
10:30 - 11:30	Hot Iron	Sarah	
11:30 - 12:00	Core Training	Sarah	
12:00 - 13:00	Backhealth	Grant	
16:30 - 17:30	BauchBeinePo	Pat	
17:30 - 18:30	Boot Camp	Teresa	
18:30 - 19:30	Body Definition	Teresa	
19:30 - 20:30	Bodyshaping	Sabine	

Samstag, 26.01.

UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Bodywork	Leyla	
10:30 - 11:30	Capoeira	Alan	
16:30 - 17:30	Hot Iron	Markus	
17:30 - 18:30	Functional Training	Nick	
18:30 - 19:45	Yoga	Nick	

Sonntag, 27.01.

UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Bodywork	Elvira	
10:30 - 11:30	Rücken Pilates	Elvira	
16:30 - 17:30	StepFatburning	Ivan	
17:30 - 18:30	Bodywork	Simon	
18:30 - 19:30	Power Stretch	Simon	
