

| Montag, 28.11. | | | |
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| UHRZEIT | KURS | TRAINER | RAUM |
| 08:30 - 09:30 | Functional Step | Marijana | Kursraum |
| 09:30 - 10:30 | Bodywork | Teresa | Kursraum |
| 10:30 - 11:30 | Yoga | Teresa | Kursraum |
| 16:30 - 17:30 | Feel the 80ies | Lorena | Kursraum |
| 17:30 - 18:30 | Zirkeltraining | Lorena | Kursraum |
| 18:30 - 19:30 | Pilates | Milena | Kursraum |
| 18:30 - 19:00 | Functional Training | | Funct. bereich |
| 19:30 - 20:30 | Salsa Toning | Ivan | Kursraum |
| 20:30 - 21:00 | Stretch&Out | Ivan | Kursraum |

| Dienstag, 29.11. | | | |
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| UHRZEIT | KURS | TRAINER | RAUM |
| 07:15 - 08:15 | Good Morning Power | Kinga | Kursraum |
| 09:30 - 10:30 | Functional Training | Nick | Kursraum |
| 10:30 - 11:30 | Rücken Yoga | Nick | Kursraum |
| 16:30 - 17:30 | Hot Iron | Paul | Kursraum |
| 17:30 - 18:30 | Bodywork | Claudia | Kursraum |
| 18:30 - 19:30 | Medical Yoga | Michel | Kursraum |
| 19:00 - 19:30 | Functional Training | | Funct. Bereich |
| 19:30 - 20:30 | Cardio Sixpack | Hamed | Kursraum |

| Mittwoch, 30.11. | | | |
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| UHRZEIT | KURS | TRAINER | RAUM |
| 08:30 - 09:30 | Spinning | Markus | Kursraum |
| 09:30 - 10:30 | Hot Iron | Markus | Kursraum |
| 10:30 - 11:30 | Backhealth | Grant | Kursraum |
| 16:30 - 17:30 | Spinning | Mercedes | Kursraum |
| 17:30 - 18:30 | K1 Self Defense | Vinko | Kursraum |
| 18:00 - 18:30 | Functional Training | | Funct. Bereich |
| 18:30 - 19:30 | BauchBeinPo | Lucia | Kursraum |
| 19:30 - 20:30 | Backhealth | Elvira | Kursraum |

| Donnerstag, 01.12. | | | |
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| UHRZEIT | KURS | TRAINER | RAUM |
| 08:30 - 09:30 | Bodywork | Marijana | Kursraum |
| 09:30 - 10:30 | Spinning | | Kursraum |
| 10:30 - 11:30 | Pilates | Oksana | Kursraum |
| 17:30 - 18:30 | Power Sculpt | Elvira | Kursraum |
| 18:30 - 19:30 | Backhealth | Elvira | Kursraum |
| 19:00 - 19:30 | Functional Training | | Funct. Bereich |
| 19:30 - 20:30 | Star Cycle | Laura | Kursraum |
| 20:30 - 21:00 | Core Training | Laura | Kursraum |

| Freitag, 02.12. | | | |
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| UHRZEIT | KURS | TRAINER | RAUM |
| 08:30 - 09:30 | H.I.I.T. | Lorena | Kursraum |
| 09:30 - 10:30 | Pilates | Milena | Kursraum |
| 10:30 - 11:30 | Hot Iron | Marco | Kursraum |
| 11:30 - 12:00 | Core Training | Marco | Kursraum |
| 15:00 - 16:00 | Backhealth | Grant | Kursraum |
| 16:00 - 17:30 | K1 Self Defense | Vinko | Kursraum |
| 17:30 - 18:30 | BauchBeinPo | Alain | Kursraum |
| 18:30 - 19:30 | Boot Camp | Teresa | Kursraum |
| 19:30 - 20:30 | Yoga | Teresa | Kursraum |
| 20:30 - 21:30 | Salsa Toning | Ivan | Kursraum |

| Samstag, 03.12. | | | |
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| UHRZEIT | KURS | TRAINER | RAUM |
| 09:30 - 10:30 | Bodywork | Pat | Kursraum |
| 10:30 - 11:30 | Capoeira | Alan | Kursraum |
| 16:30 - 18:00 | Functional Yoga | Nick | Kursraum |
| 18:00 - 19:00 | Disco Toning | Ivan | Kursraum |
| 19:00 - 19:30 | Stretch&Out | Ivan | Kursraum |

| Sonntag, 04.12. | | | |
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| UHRZEIT | KURS | TRAINER | RAUM |
| 09:30 - 10:30 | Power Sculpt | Lorena | Kursraum |
| 10:30 - 11:30 | Weekend Challenge | Laura | Kursraum |
| 11:30 - 13:00 | K1 Self Defense | Vinko | Kursraum |
| 15:30 - 16:30 | Hot Iron | Paul | Kursraum |
| 16:30 - 17:30 | Step Fatburning | Irish | Kursraum |
| 17:30 - 18:30 | Flexibility & Stretch | Irish | Kursraum |