

Montag, 18.01.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|-----------|---------|------|
| 09:00 - 10:00 | Bodywork | Petra | |
| 10:00 - 11:00 | Pilates | Helga | |
| 17:00 - 18:00 | Rückenfit | Istvan | |
| 18:00 - 19:00 | Yoga | Lucia | |

Dienstag, 19.01.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|--------------------|---------|------|
| 09:00 - 10:00 | Oberkörper Workout | Carina | |
| 10:00 - 11:00 | Core&Stretch | Carola | |
| 17:00 - 18:00 | Aeroboxing | Istvan | |
| 18:00 - 19:00 | Salsa | Ivan | |

Mittwoch, 20.01.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|---------------------|-----------|------|
| 09:00 - 10:00 | Functional Training | Nick | |
| 10:00 - 11:00 | Power Stretch | Nick | |
| 17:00 - 18:00 | Bodypump | Valentina | |
| 18:00 - 19:00 | Yogalates | Milena | |

Donnerstag, 21.01.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|-----------------------|------------|------|
| 09:00 - 10:00 | Bodywork | Carola | |
| 10:00 - 11:00 | Yoga | Michel | |
| 17:00 - 18:00 | Fatburning | Tanja&Lisi | |
| 18:00 - 19:00 | Pilates mit Gymnastik | Milena | |

Freitag, 22.01.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|--------------------------|---------|------|
| 09:00 - 10:00 | Theraband & Ball Workout | Carina | |
| 10:00 - 11:00 | Sixpack | Anna | |
| 17:00 - 18:00 | Deepwork | Milena | |
| 18:00 - 19:00 | Core&Stretch | Carola | |

Samstag, 23.01.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|--------------|------------|------|
| 09:00 - 10:00 | Boot Camp | Tanja&Lisi | |
| 10:00 - 11:00 | Backhealth | Elvira | |
| 17:00 - 18:00 | DanceWorkout | Milena | |
| 18:00 - 19:00 | Disco Toning | Ivan | |

Sonntag, 24.01.

| UHRZEIT | KURS | TRAINER | RAUM |
|---------------|-----------|----------|------|
| 09:00 - 10:00 | Tabata | Petra | |
| 10:00 - 11:00 | Pilates | Brigitte | |
| 17:00 - 18:00 | Bodywork | Helga | |
| 18:00 - 19:00 | Yogalates | Milena | |