

**Montag, 20.07.**

UHRZEIT	KURS	TRAINER	RAUM
09:00 - 10:00	Boot Camp	Verena	
10:00 - 11:00	Pilates	Oksana	
11:00 - 12:00	Body Definition	Marko	
16:30 - 17:30	Cardio Blast	Pam	
17:30 - 18:30	Stars Iron	Paul	
18:00 - 18:30	Functional Training	Floor Trainer	
18:30 - 19:30	Pilates	Oksana	
19:30 - 20:30	Salsaton	Ivan	
20:30 - 21:30	Yoga	Elena	

**Dienstag, 21.07.**

UHRZEIT	KURS	TRAINER	RAUM
8:00 - 9:00	Good Morning Power	Suzi	
09:00 - 10:00	Functional Training	Nick	
10:00 - 11:00	RückenYoga	Nick	
16:30 - 17:30	Bodywork	Marko	
17:30 - 18:30	Bodyforming	Claudia	
18:30 - 19:30	Medical Yoga	Claudia	
19:00 - 19:30	Functional Training	Floor Trainer	
19:30 - 20:30	Cardio Sixpack	Hamed	

**Mittwoch, 22.07.**

UHRZEIT	KURS	TRAINER	RAUM
09:00 - 10:00	Backhealth	Grant	
10:00 - 11:00	Hot Iron	Marco	
11:00 - 12:00	HIT & Core	Mona	
17:30 - 18:30	Salsaton	Ivan	
18:30 - 19:30	BauchBeinePo	Lucia	
18:00 - 18:30	Functional Training	Floor Trainer	
19:30 - 20:30	Backhealth	Elvira L	

**Donnerstag, 23.07.**

UHRZEIT	KURS	TRAINER	RAUM
09:00 - 10:00	Bodywork	Carola	
10:00 - 11:00	Yoga	Elena	
17:30 - 18:30	Capoeira	Alan	
18:30 - 19:30	Amani	Suzi	
19:00 - 19:30	Functional Training	Floor Trainer	
19:30 - 20:30	Hot Iron	Judith	
20:30 - 21:30	Cardio Sixpack	Marko	

**Freitag, 24.07.**

UHRZEIT	KURS	TRAINER	RAUM
07:00 - 08:00	H.I.I.T.	Mona	
09:00 - 10:00	Rückenfit	Elvira L	
10:00 - 11:00	Hot Iron	Judith	
16:30 - 17:30	BauchBeinePo	Suzi	
17:30 - 18:30	Deepwork	Marco	
18:30 - 19:30	Boot Camp	Mona	
19:30 - 20:30	Flow Yoga	Mona	

**Samstag, 25.07.**

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

**Sonntag, 26.07.**

UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Power Sculpt	Elvira	
10:30 - 11:30	Rücken Pilates	Elvira	
16:30 - 17:30	StepFatburning	Irisz	
17:30 - 18:30	Hot Iron	Judith	
18:30 - 19:30	Pilates	Elvira	