

Montag, 26.10.

UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Boot Camp	Carola	
10:30 - 11:30	Core-Rücken	Carola	
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	Milena	

Dienstag, 27.10.

UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	Star Cycle	Mercedes	
08:30 - 09:30	Functional Training	Nick	
09:30 - 10:30	RückenYoga	Nick	
16:30 - 17:30	Bodywork	Teresa	
17:30 - 18:30	Star Cycle	Claudia	
18:30 - 19:30	Medical Yoga	Michel	
19:00 - 19:30	Functional Training	Floor Trainer	
19:30 - 20:30	Cardio Sixpack	Hamed	
20:30 - 21:30	Flexibility & Stretch	Hamed	

Mittwoch, 28.10.

UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Backhealth	Grant	
09:30 - 10:30	H.I.I.T.	Marco	
10:30 - 11:30	Hot Iron	Marco	
11:30 - 12:00	Core Training	Marco	
16:30 - 17:30	Salsa Toning	Ivan	
17:30 - 18:30	Star Cycle	Lucia	
18:30 - 19:30	BauchBeinePo	Lucia	
18:00 - 18:30	Functional Training	Floor Trainer	
19:30 - 21:00	90 min Yoga	Victor	

Donnerstag, 29.10.

UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	Good Morning Power	Leyla	
08:30 - 09:30	Bodywork	Carola	
09:30 - 10:30	Star Cycle	Mercedes	
10:30 - 11:30	Hatha Yoga	Elena	
17:30 - 18:30	Capoeira	Alan	
18:30 - 19:30	Stars Iron	Marko	
19:30 - 20:30	Body Definition	Lorena	
19:00 - 19:30	Functional Training	Floor Trainer	
20:30 - 21:30	Backhealth	Elvira L	

Freitag, 30.10.

UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	H.I.I.T.	Mona	
08:30 - 09:30	Star Cycle	Pam	
09:30 - 10:30	Pilates	Milena	
10:30 - 11:30	Hot Iron	Azra	
11:30 - 12:00	Core Training	Azra	
16:30 - 17:30	BauchBeinePo	Pat	
17:30 - 18:30	Deepwork	Timea	
18:30 - 19:30	Boot Camp	Teresa	
19:30 - 20:30	Flow Yoga	Mona	

Samstag, 31.10.

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	Disco Toning	Ivan	

Sonntag, 01.11.

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