

Montag, 02.11.

UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	Star Cycle	Marko	
08:30 - 09:30	Body Definition	Leyla	
09:30 - 10:30	Boot Camp	Leyla	
10:30 - 11:30	Pilates	Oksana	
16:30 - 17:30	Cardio Blast	Pam	
18:00 - 18:30	Functional Training	Floor Trainer	
17:30 - 18:30	Stars Iron	Paul	
18:30 - 19:30	Pilates	Milena	
19:30 - 20:30	Salsaton	Ivan	
20:30 - 21:30	Vinyasa Yoga	Elena	

Dienstag, 03.11.

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	
19:00 - 19:30	Functional Training	Floor Trainer	
18:30 - 19:30	Medical Yoga	Michela	
19:30 - 20:30	Cardio Sixpack	Hamed	
20:30 - 21:30	Flexibility & Stretch	Hamed	

Mittwoch, 04.11.

UHRZEIT	KURS	TRAINER	RAUM
08:30 - 09:30	Backhealth	Grant	
09:30 - 10:30	H.I.I.T.	Mona	
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	
18:00 - 18:30	Functional Training	Floor Trainer	
18:30 - 19:30	BauchBeinePo	Lucia	
19:30 - 21:00	90 min Yoga	Victor	

Donnerstag, 05.11.

UHRZEIT	KURS	TRAINER	RAUM
07:30 - 08:30	Good Morning Power	Lorena	
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	Marco	
19:30 - 20:30	Deepwork	Elvira	
19:00 - 19:30	Functional Training	Floor Trainer	
20:30 - 21:30	Backhealth	Elvira.K	

Freitag, 06.11.

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	Marco	
11:30 - 12:00	Core Training	Marco	
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, 07.11.

UHRZEIT	KURS	TRAINER	RAUM
09:30 - 10:30	Bodywork	Lorena	
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, 08.11.

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	