

KURSPLAN



Kursraum Achalm



Kursraum Georgenberg



Trainingsfläche

Montag

08.00 - 09.15	G
Therapeutisches Yoga	
Elena	
09.00 - 09.45	T
Functional Bodyfit	
Heike	
10.00 - 10.50	G
Rücken & Faszien	
Vangelia	
17.00 - 17.30	T
Core+Mobility	
Dani	
17.15 - 18.20	A
Yoga	
Maria	
17.30 - 18.30	G
Zumba	
Clara	
17.30 - 18.30	T
Hyrox	
Einsteiger	
18.30 - 19.20	A
Power Workout	
Moni	
18.30 - 19.30	G
Pilates Mix	
Silvia	
18.40 - 19.30	T
pebletics	
Pia	
19.30 - 20.30	A
Hot Iron	
Silvia	
19.30 - 20.30	G
Cycling	
Knut	
19.30 - 20.30	T
Crossletics	
Weightlifting	

Dienstag

07.30 - 08.20	A
JobFIT	
Steffi	
09.00 - 10.15	G
Yoga	
Tanja	
17.00 - 18.00	T
Hyrox	
18.00 - 18.50	A
Jumping	
Jenny	
18.00 - 19.00	T
Hyrox	
19.00 - 19.50	A
BBP	
Jenny	
19.00 - 20.00	G
Cycling	
Silvia	
19.00 - 20.00	T
Hyrox	
20.00 - 21.00	A
Strong Nation	
Jenny	
20.05 - 20.25	G
Core Express	
Silvia	

Mittwoch

08.00 - 08.55	G
Yoga	
Helen	
09.00 - 10.00	A
BBP	
Natalie	
10.00 - 11.00	A
Full Body Stretch	
Natalie	
16.15 - 17.30	A
Yoga	
Tanja	
17.00 - 18.00	T
Hyrox	
17.30 - 18.15	G
FaszienFit	
Vangelia	
18.00 - 19.00	T
Crossletics	
18.30 - 19.20	A
Starker Rücken	
Heike	
18.30 - 19.30	G
Zumba	
Vangelia	
19.00 - 20.00	T
Hyrox	
19.30 - 20.20	A
Total Body Workout	
Pia R.	
19.30 - 20.30	G
Cycling	
Walter	
20.30 - 21.20	A
Yoga	
Maria	
20.30 - 21.30	T
Hyrox	

Donnerstag

07.15 - 08.15	A
Yoga	
Tanja	
08.45 - 09.35	A
BBPo	
Steffi	
09.45 - 10.35	A
Pilates	
Steffi	
11.00 - 12.15	G
Yoga	
Tanja	
17.00 - 18.00	T
Hyrox	
17.15 - 18.30	A
Aerial Yoga	
Silvia	
18.00 - 19.00	T
Hyrox	
18.30 - 19.30	A
Korce	
Silvia	
19.00 - 20.30	T
Crossletics	
19.30 - 20.30	A
Cycling	
Pia	

Freitag

08.00 - 08.50	A
Mobility	
Sarah	
09.00 - 09.50	A
Total Body Workout	
Heike	
10.00 - 10.50	A
Cycling Einsteiger	
Heike	
16.45 - 18.00	A
Yoga	
Maria	
17.00 - 18.00	T
Hyrox	
18.00 - 19.30	G
Functional Cycling	
Maika	
18.00 - 19.30	T
Hyrox	
18.15 - 19.15	A
Hot Iron Cross	
Silvia	
19.25 - 19.45	G
Bauch Intensiv	
Maika	
19.30 - 20.30	T
Hyrox	
19.30 - 20.45	A
Yonga	
Silvia	

Samstag

10.00 - 11.15	A
Yoga	
Maria	
10.00 - 11.15	G
Inside Flow Yoga	
Elena	
11.30 - 12.20	G
Pilates	
Elena	
11.30 - 13.00	A
Männer Yoga	
Maria	
14.00 - 15.30	T
Hyrox	

Sonntag

09.45 - 10.45	T
Hyrox	
10.00 - 10.50	G
Sonntag Special	
It. Aushang	
11.00 - 12.00	G
Sonntag Special	
It. Aushang	
11.00 - 12.00	T
Hyrox	
12.00 - 13.00	T
Hyrox	