

# KURSPLAN

| MONTAG                                      | DIENSTAG                                   | MITTWOCH                                 | DONNERSTAG                               | FREITAG                                     | SAMSTAG                                    | SONNTAG                                         |
|---------------------------------------------|--------------------------------------------|------------------------------------------|------------------------------------------|---------------------------------------------|--------------------------------------------|-------------------------------------------------|
| 09:15 - 10:30<br>Yoga<br>MANJA              | 10:00 - 10:50<br>Body Fit<br>FELORA        | 09:15 - 10:30<br>Pilates<br>MARTA        | 09:30 - 10:30<br>Body Fit<br>RUSCHA      | 09:30 - 10:30<br>Body Fit<br>SARA           | 10:00 - 10:50<br>Body Workout<br>REBECCA   | 11:00 - 11:50<br>Rücken Fit & Stretch<br>FELORA |
| 10:30 - 11:45<br>Body Fit<br>MARTA          | 11:00 - 12:00<br>Pilates Balance<br>FELORA | 10:30 - 12:00<br>Nia<br>ULRIKA           | 10:30 - 12:00<br>Yoga<br>ISABELL         | 10:30 - 11:30<br>Rückenfit<br>SARA          | 11:00 - 12:00<br>Pilates Fusion<br>REBECCA | 12:00 - 13:00<br>Cardio Body Workout<br>FELORA  |
| 17:00 - 18:00<br>Bauch, Beine, Po<br>RUSCHA | 17:30 - 18:30<br>Body Fit<br>REBECCA       | 16:45 - 18:00<br>Yogilates<br>ISABELL    | 18:00 - 18:50<br>Body Workout<br>JULIA   | 17:00 - 18:00<br>BodyFit<br>MADITA          | 16:00 - 17:00<br>Body Fit<br>REBECCA       |                                                 |
| 18:00 - 19:00<br>Body Workout<br>RUSCHA     | 18:30 - 19:30<br>Pilates<br>MARTA          | 18:00 - 18:50<br>Rückenfit<br>SARA       | 19:00 - 20:00<br>Bauch Beine Po<br>JULIA | 18:00 - 18:50<br>Power Pilates<br>MAGDALENA | 17:00 - 18:15<br>Yoga<br>MANJA             |                                                 |
| 19:00 - 20:00<br>Power Mobility<br>SOFIE    | 19:30 - 20:30<br>Yoga<br>MARTA             | 19:00 - 20:00<br>Body Workout<br>SARA    | 20:00 - 21:00<br>Yoga<br>LAURA LOPEZ     | 19:00 - 20:00<br>Zumba<br>MAGDALENA         |                                            |                                                 |
| 20:00 - 21:00<br>Zumba<br>LAURA             |                                            | 20:00 - 21:00<br>Power Mobility<br>SOFIE |                                          |                                             |                                            |                                                 |