

## MONTAG

### RAUM

7:00	Cardio Workout (60 Min.)
9:00	MyYOGA (60 Min.)
12:00	Vinyasa Flow Yoga (60 Min.)
17:00	Cardio Workout (60 Min.)
18:00	ZUMBA® (60 Min.)
18:05	bodyART® (60 Min.)
19:10	Pilates (60 Min.)
19:10	Functional Power Workout (60 Min.)
19:15	Box Workout Fortg. (60 Min.)
20:15	TRX® (45 Min.)
20:15	Stretching (30 Min.)

R2  
R2  
R1  
R2  
R1  
R2  
R1  
R2  
FA  
R2  
R1

## DIENSTAG

### RAUM

6:30	Indoorcycling (60 Min.)
7:00	Wake Up Stretching (30 Min.)
12:00	Body Workout (60 Min.)
17:30	Vinyasa Flow Yoga (90 Min.)
18:00	Rücken Fit (60 Min.)
18:30	Functional Workout (30 Min.)
19:05	Pilates (30 Min.)
19:10	MyPOWER (60 Min.)
19:35	Faszientraining (45 Min.)
20:20	MyPOWER (60 Min.)
21:00	Bauch Workout (20 Min.)

R1  
FA  
R2  
R1  
R2  
FA  
R1  
R2  
R1  
R2  
FA

## MITTWOCH

### RAUM

6:30	Functional Workout (30 Min.)
7:00	Pilates (60 Min.)
9:00	TRX® (60 Min.)
10:15	PhysioFlowYoga (90 Min.)
12:00	Gesunder Rücken (60 Min.)
16:15	MyYOGA (60 Min.)
17:15	BBP Power Express (30 Min.)
17:20	Pilates (60 Min.)
17:45	Capoeira (75 Min.)
18:25	bodyART® (60 Min.)
19:15	Vinyasa Flow Yoga (90 Min.)
19:30	Bauch Workout (20 Min.)
19:30	Step & Tone (60 Min.)
20:30	deepWORK™ (60 Min.)

FA  
R2  
R2  
R2  
R2  
R2  
R1  
R2  
R1  
R1  
R2  
R1  
FA  
R2  
R2

## DONNERSTAG

### RAUM

6:30	Indoorcycling (60 Min.)
10:45	Rücken Fit (60 Min.)
12:00	MyPOWER (60 Min.)
16:15	BBP Power (45 Min.)
17:00	WOYO® (60 Min.)
18:00	Functional Workout (30 Min.)
18:00	TRX® (50 Min.)
18:10	Gesunder Rücken (60 Min.)
18:45	Box Workout Einst. (60 Min.)
19:00	MyPOWER (60 Min.)
20:00	PhysioFlowYoga (90 Min.)

R1  
R2  
R2  
R2  
R1  
FA  
R2  
R1  
FA  
FA  
R2  
R1

## FREITAG

### RAUM

7:30	TRX® (60 Min.)
10:00	PhysioFlowYoga (90 Min.)
16:15	Rücken Fit (60 Min.)
17:00	Dance (60 Min.)
17:30	Vinyasa Flow Yoga (90 Min.)
18:00	Bauch Workout (20 Min.)
18:15	Indoorcycling (60 Min.)
18:25	Stretching (30 Min.)
19:15	Kick Box (75 Min.)
19:30	Indoorcycling (60 Min.)

R2  
R2  
R2  
R1  
R2  
FA  
R1  
FA  
R2  
R1

## SAMSTAG

### RAUM

9:15	Indoorcycling (60 Min.)
9:30	Flexi Training (60 Min.)
10:30	BUDOKON Yoga (90 Min.)
10:40	TRX® (45 Min.)
11:40	MyPOWER (60 Min.)
12:50	MyPOWER (60 Min.)
15:30	TRX® Yoga (75 Min.)
16:50	Gesunder Rücken (60 Min.)
17:00	Vinyasa Flow Yoga (90 Min.)
18:00	ZUMBA® (60 Min.)

R1  
R2  
R1  
R2  
R2  
R2  
R2  
R2  
R1  
R2

## SONNTAG

### RAUM

10:00	deepWORK™ (60 Min.)
10:30	PhysioFlowYoga (90 Min.)
11:05	Box Workout (60 Min.)
11:05	bodyART® (60 Min.)
12:10	TRX® (50 Min.)
13:15	Functional Power Workout (60 Min.)
15:30	Pilates (60 Min.)
16:15	Board Workout (45 Min.)
17:30	Vinyasa Flow Yoga (90 Min.)
18:10	Indoorcycling (60 Min.)
19:30	MyPOWER (60 Min.)

R2  
R1  
FA  
R2  
R2  
R2  
R2  
R1  
R2  
R1  
R2

# Kursplan

Donnersbergerbrücke

Gültig vom 07.01.2019 bis 13.01.2019

Änderungen vorbehalten

FA - Functional Area  
Out - Outdoor  
R2 - großer Kursraum  
R1 - kleiner Kursraum