

MONTAG

RAUM

7:00 Cardio Workout (60 Min.)
9:00 MyYOGA (60 Min.)
12:00 Vinyasa Flow Yoga (60 Min.)
17:00 Body Workout (60 Min.)
18:00 ZUMBA® (60 Min.)
18:05 bodyART® (60 Min.)
19:10 Pilates (60 Min.)
19:10 BBP Power (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 Yoga für Einsteiger (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 Hatha Yoga (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.)
15:20 Afro Beats (60 Min.)
15:30 Pilates (60 Min.)
16:25 HipHop (60 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
R2
R1
R2

Kursplan

Donnersbergerbrücke

Gültig vom 11.03.2019 bis 17.03.2019

Änderungen vorbehalten

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