

# MONTAG

## RAUM

9:00	Cardio Workout (60 Min.)	R2
9:30	Vinyasa Flow Yoga (90 Min.)	R1
16:25	Fit & Fun für Kinder (06-10) (60 Min.)	R2
17:30	TRX® (45 Min.)	R2
18:00	Vinyasa Flow Yoga Fortg. (75 Min.)	R1
18:15	TRX® (45 Min.)	R2
18:55	Mobility Workout (30 Min.)	FA
19:10	MyPOWER (60 Min.)	R2
19:10	Indoorcycling (60 Min.)	R3
19:25	Meditation (30 Min.)	R1
19:30	Functional Workout (30 Min.)	FA
20:05	Yin Yoga (75 Min.)	R1
20:15	Cardio Workout (60 Min.)	R2

# DIENSTAG

## RAUM

6:45	TRX® (60 Min.)	R2
18:00	Kick Box (60 Min.)	FA
18:00	Yoga Special (60 Min.)	R1
18:00	MyPOWER (60 Min.)	R2
19:00	Kick Box (60 Min.)	FA
19:10	Pilates (60 Min.)	R1
19:10	deepWORK™ (60 Min.)	R2
19:15	Indoorcycling (60 Min.)	R3
20:15	TRX® (45 Min.)	R2
20:15	MyYOGA (60 Min.)	R1

# MITTWOCH

## RAUM

8:30	Hatha Yoga (90 Min.)	R1
9:00	BBP Power (60 Min.)	R2
10:10	Functional Power Workout (60 Min.)	R2
18:00	Rücken Fit (45 Min.)	R1
18:00	TRX® (60 Min.)	R2
18:15	Mobility Workout (30 Min.)	FA
18:45	Functional Workout (30 Min.)	FA
18:55	Vinyasa Flow Yoga Fortg. (75 Min.)	R1
19:10	Cardio Workout (60 Min.)	R2
19:10	Indoorcycling Fort. (60 Min.)	R3
20:15	Bauch Workout (20 Min.)	R1
20:20	Free Floating Aerial Yoga (75 Min.)	R2

# DONNERSTAG

## RAUM

6:45	Wake Up Yoga (60 Min.)	R1
9:30	Indoorcycling Fort. (60 Min.)	R3
18:00	Box Workout (60 Min.)	FA
18:00	Pilates (60 Min.)	R1
18:00	MyPOWER (60 Min.)	R2
19:00	Box Kondi (60 Min.)	FA
19:10	deepWORK™ (60 Min.)	R2
19:15	Vinyasa Flow Yoga (90 Min.)	R1
20:15	Faszientraining (30 Min.)	R2

# FREITAG

## RAUM

8:30	Hatha Yoga (90 Min.)	R1
9:00	TRX® (45 Min.)	R2
9:50	Faszientraining (30 Min.)	R2
16:45	Boxen für Kinder (06-10J) (60 Min.)	R2
18:00	Box Power (45 Min.)	FA
18:00	ZUMBA® (60 Min.)	R1
18:00	Body Workout (60 Min.)	R2
19:10	Functional Workout (30 Min.)	FA
19:10	Hatha Yoga (90 Min.)	R1
19:10	TRX® Yoga (45 Min.)	R2
19:10	Indoorcycling Profis (60 Min.)	R3

# SAMSTAG

## RAUM

9:35	TRX® (45 Min.)	R2
10:15	bodyART® (60 Min.)	R1
10:25	TRX® (45 Min.)	R2
11:20	MyYOGA (60 Min.)	R1
11:25	deepWORK™ (60 Min.)	R2
12:30	Functional Power Workout (60 Min.)	R2
13:40	HYROX Workout (90 Min.)	R2
15:00	Inside Flow Yoga (90 Min.)	R1

# SONNTAG

## RAUM

10:15	Box Workout (60 Min.)	FA
10:15	Pilates (60 Min.)	R1
10:15	Body Workout (60 Min.)	R2
10:30	Indoorcycling Einst. (45 Min.)	R3
11:20	Rücken Fit (45 Min.)	R1
11:20	Indoorcycling Profis (60 Min.)	R3
11:20	TRX® Yoga (60 Min.)	R2
11:25	Box Power (45 Min.)	FA
14:30	Hatha Yoga (75 Min.)	R1
15:00	TRX® (45 Min.)	R2
15:50	BBP Power (60 Min.)	R2
16:00	Hatha Yoga Fortg. (90 Min.)	R1
17:00	MyPOWER (60 Min.)	R2
18:15	Functional Workout (30 Min.)	FA

# Kursplan

## Paulinenbrücke

Gültig vom 11.02.2019 bis 17.02.2019

Änderungen vorbehalten

FX	-	Flexx Aerea
EG	-	Floor EG
FA	-	Functional Area
R3	-	Indoorcycling Raum
Out	-	Outdoor
R2	-	großer Kursraum
R1	-	kleiner Kursraum