

MONTAG

RAUM

8:50 MyYOGA (60 Min.)
10:00 Pilates (60 Min.)
10:30 Aqua Power (50 Min.)
11:10 Gesunder Rücken (60 Min.)
18:00 Indoorcycling (60 Min.)
18:15 Aqua Power (50 Min.)
18:15 ZUMBA® (60 Min.)
19:15 Flexi Training (60 Min.)
19:15 Cardio Workout (60 Min.)
19:30 HYROX Workout (45 Min.)
20:25 bodyART® (60 Min.)
20:25 TRX® (60 Min.)

R2
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R2
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R2
FA
R1
R2

DIENSTAG

RAUM

7:00 Functional Workout (30 Min.)
8:00 Vinyasa Flow Yoga (75 Min.)
9:00 BBP Power (60 Min.)
10:00 TRX® (60 Min.)
11:10 Aqua Power (50 Min.)
11:30 Faszientraining (30 Min.)
12:00 Pilates (60 Min.)
16:00 Yoga für Kinder (3-5 Jahre) (45 Min.)
16:45 Yoga für Kinder (6-10 Jahre) (60 Min.)
17:00 BBP Power (50 Min.)
18:00 Pilates (60 Min.)
18:00 TRX® (50 Min.)
18:55 TRX® (50 Min.)
19:00 Functional Workout (30 Min.)
19:10 PhysioFlowYoga (90 Min.)
19:20 Aqua Power (50 Min.)
19:30 Faszientraining (30 Min.)
19:50 MyPOWER (60 Min.)
20:45 Yoga für Einsteiger (60 Min.)
21:00 HipHop (60 Min.)

FA
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R1
R2

MITTWOCH

RAUM

6:30 Indoorcycling (60 Min.)
8:30 Rücken Fit (60 Min.)
9:30 PhysioFlowYoga (90 Min.)
9:35 Faszientraining (30 Min.)
10:20 Aqua Power (50 Min.)
17:00 Kick4Kids (60 Min.)
17:00 Jivamukti Yoga (75 Min.)
18:15 Dancit (60 Min.)
18:25 TRX® (45 Min.)
18:30 Mobility Workout (30 Min.)
19:00 Functional Workout (30 Min.)
19:00 Aqua Power (50 Min.)
19:15 Functional Power Workout (60 Min.)
19:25 Indoorcycling (60 Min.)
20:20 MyYOGA (60 Min.)
20:30 Capoeira (90 Min.)

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DONNERSTAG

RAUM

7:00 Functional Workout (30 Min.)
8:15 BBP Power (60 Min.)
9:15 Pilates (60 Min.)
10:30 Vinyasa Flow Yoga (90 Min.)
17:00 Body Workout (50 Min.)
18:00 Aqua Power (50 Min.)
18:00 BBP Power (60 Min.)
18:00 Box Kondi (60 Min.)
19:00 Bauch Workout (20 Min.)
19:00 Rücken Fit (60 Min.)
19:10 MyPOWER (60 Min.)
19:20 Box Workout (60 Min.)
20:15 Vinyasa Flow Yoga (90 Min.)
20:15 HipHop (60 Min.)
20:25 Box Workout Fortg. (60 Min.)

FA
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R2
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FREITAG

RAUM

7:30 MyYOGA (60 Min.)
8:35 Pilates (60 Min.)
9:40 MyYOGA (60 Min.)
10:30 Aqua Power (50 Min.)
10:50 Body Workout (60 Min.)
16:30 Pilates (60 Min.)
17:45 Hatha Vinyasa Yoga (90 Min.)
18:15 Body Workout (60 Min.)
19:20 ZUMBA® (60 Min.)
19:30 Indoorcycling (60 Min.)

R2
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R2
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R2
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R1
R2
R1

SAMSTAG

RAUM

9:30 QiGong (60 Min.)
9:40 Functional Power Workout (50 Min.)
10:40 Indoorcycling (60 Min.)
10:45 Box Workout (60 Min.)
10:45 Pilates (60 Min.)
12:00 Box Kondi (60 Min.)
15:00 HYROX Workout (45 Min.)
16:15 Functional Workout (30 Min.)
17:15 B.A.X.® (45 Min.)
17:30 Yin Yoga und Meditation (120 Min.)
18:15 Aqua Power (50 Min.)

R1
R2
R1
FA
R2
R2
FA
FA
R1
R2
P

SONNTAG

RAUM

9:20 WOYO® (60 Min.)
9:30 TRX® (50 Min.)
10:00 Mobility Workout (30 Min.)
10:30 Functional Workout (30 Min.)
10:30 Aqua Power (50 Min.)
10:30 Vinyasa Flow Yoga (90 Min.)
10:30 MyPOWER (60 Min.)
11:30 Aqua Power (50 Min.)
11:40 TRX® (50 Min.)
12:35 ZUMBA® (60 Min.)
16:30 Yoga für Einsteiger (60 Min.)
17:00 BBP Power (60 Min.)
17:40 PhysioFlowYoga (90 Min.)
18:10 Indoorcycling (60 Min.)
19:30 Bauch Workout (20 Min.)

R1
R2
FA
FA
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R1
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R2
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R2
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R1
FA

Kursplan

Balanstraße

Gültig vom 07.01.2019 bis 13.01.2019

Änderungen vorbehalten

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