

MONTAG

RAUM

7:00 bodyART® (60 Min.)
9:30 Gesunder Rücken (30 Min.)
10:00 BBP Power (45 Min.)
10:50 Indoorcycling (60 Min.)
12:45 Functional Workout (30 Min.)
13:15 Bauch Workout (20 Min.)
17:00 Hatha Yoga (90 Min.)
17:30 TRX® (60 Min.)
18:30 Box Workout Fortg. (60 Min.)
18:35 deepWORK™ (60 Min.)
18:35 Rücken Fit (60 Min.)
19:45 Pilates (60 Min.)
19:45 ZUMBA® (60 Min.)
20:00 Functional Workout (30 Min.)

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

DIENSTAG

RAUM

7:00 TRX® (60 Min.)
9:15 Rücken Fit (45 Min.)
10:00 Cardio Workout (60 Min.)
12:00 Vinyasa Flow Yoga (75 Min.)
18:00 B.A.X.® (45 Min.)
18:00 Free Floating Yoga Einst. (75 Min.)
18:15 Functional Workout (30 Min.)
18:45 bodyART® (60 Min.)
18:45 Functional Workout (30 Min.)
19:15 Bauch Workout (20 Min.)
19:30 MyPOWER (60 Min.)
20:35 Vinyasa Flow Yoga (75 Min.)
20:35 ZUMBA® (60 Min.)

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

MITTWOCH

RAUM

7:00 Indoorcycling (60 Min.)
10:00 Hatha Yoga (75 Min.)
11:20 Free Floating Aerial Yoga (75 Min.)
11:30 BBP Power (60 Min.)
12:40 TRX® (45 Min.)
12:45 Functional Workout (30 Min.)
13:15 Bauch Workout (20 Min.)
17:00 Vinyasa Flow Yoga (75 Min.)
17:00 Vinyasa Flow Yoga (75 Min.)
18:30 Box Workout Einst. (60 Min.)
18:45 Gesunder Rücken (60 Min.)
19:45 Indoorcycling Einst. (30 Min.)
19:45 Functional Workout (30 Min.)
20:20 Indoorcycling Fort. (60 Min.)

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

DONNERSTAG

RAUM

7:15 Functional Workout (30 Min.)
10:00 Hatha Yoga (90 Min.)
12:15 MyPOWER (60 Min.)
18:30 Vinyasa Flow Yoga (90 Min.)
18:30 ZUMBA® (60 Min.)
18:45 Functional Workout (30 Min.)
19:15 Bauch Workout (20 Min.)
19:45 Functional Workout (30 Min.)
20:05 Free Floating Aerial Yoga (75 Min.)
20:15 Mobility Workout (30 Min.)

FA
R1
R2
R1
R2
FA
FA
FA
FA
R2
FA

FREITAG

RAUM

7:00 TRX® (60 Min.)
8:30 Functional Workout (30 Min.)
10:00 Cardio Workout (60 Min.)
11:05 Rücken Fit (30 Min.)
17:50 Functional Power Workout* (60 Min.)
18:30 Box Workout (60 Min.)
19:00 BBP Power (60 Min.)
19:05 MyPOWER (60 Min.)
20:00 Hatha Yoga (90 Min.)
20:10 Indoorcycling (60 Min.)

R2
FA
R2
R2
R2
FA
R1
R2
R1
R2

SAMSTAG

RAUM

9:30 ZUMBA® (60 Min.)
10:15 Vinyasa Flow Yoga (90 Min.)
10:45 Functional Workout (30 Min.)
11:15 Bauch Workout (20 Min.)
16:00 TRX® (50 Min.)
17:00 ZUMBA® (60 Min.)
18:15 Functional Workout (30 Min.)

R2
R1
FA
FA
R2
R2
FA

SONNTAG

RAUM

10:00 Pilates (60 Min.)
10:15 Functional Workout (30 Min.)
10:45 Bauch Workout (20 Min.)
11:05 MyPOWER (60 Min.)
12:10 MyYOGA (60 Min.)
16:30 Yin Yoga (90 Min.)
16:30 BBP Power (50 Min.)
17:30 TRX® (50 Min.)
18:15 Yoga für Einsteiger (60 Min.)
18:30 Indoorcycling (60 Min.)
18:45 Functional Workout (30 Min.)
19:15 Bauch Workout (20 Min.)

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

Kursplan

Eschenheimer Turm

Gültig vom 07.01.2019 bis 13.01.2019

Änderungen vorbehalten

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