

# 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  
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.)  
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.)  
20:15 Bauch Workout (20 Min.)  
20:20 Indoorcycling Fort. (60 Min.)

R2  
R1  
R2  
R1  
R2  
FA  
FA  
R1  
FA  
R1  
R2  
FA  
FA  
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  
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.)  
14:00 Wing Chun (90 Min.)  
16:00 TRX® (50 Min.)  
17:00 ZUMBA® (60 Min.)  
18:15 Functional Workout (30 Min.)

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

# Kursplan

## Eschenheimer Turm

Gültig vom 11.03.2019 bis 17.03.2019

Änderungen vorbehalten

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