

MONTAG

RAUM

7:00	Wake Up Yoga (60 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.)
18:30	Box Workout Fortg. (60 Min.)
18:35	Strong by ZUMBA® (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
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R1
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	Cardio Workout (45 Min.)
18:00	Free Floating Yoga Einst. (75 Min.)
18:15	Functional Workout (30 Min.)
18:45	Gesunder Rücken (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.)

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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 Athletic Zirkel (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.)

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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.)

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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.)

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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.)

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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
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R2
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Kursplan

Eschenheimer Turm

Gültig vom 13.05.2019 bis 19.05.2019

Änderungen vorbehalten

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