

MONTAG

RAUM

8:00	Hatha Yoga (75 Min.)
10:00	BBP Power (60 Min.)
11:05	Rücken Fit (60 Min.)
17:15	me:do (60 Min.)
18:00	Mobility Workout (30 Min.)
18:00	Vinyasa Flow Yoga (90 Min.)
18:30	Functional Workout (30 Min.)
18:30	deepWORK™ (60 Min.)
18:40	Aqua Power (50 Min.)
19:40	bodyART® (60 Min.)
19:45	Free Floating Aerial Yoga (75 Min.)

R1
R2
R2
R2
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R1
FA
R2
P
R2
R1

DIENSTAG

RAUM

7:00	TRX® (50 Min.)
8:00	MyPOWER (60 Min.)
10:00	ZUMBA® (60 Min.)
10:30	Free Floating Aerial Yoga (75 Min.)
11:00	Human Sports Workout (30 Min.)
12:00	Hatha Yoga (75 Min.)
17:30	Gesunder Rücken (60 Min.)
18:00	Functional Workout (30 Min.)
18:30	Indoorcycling Einst. (60 Min.)
18:35	Bauch Workout (20 Min.)
18:45	Yin Yoga (90 Min.)
19:15	Box Workout (60 Min.)
19:35	Indoorcycling Fort. (60 Min.)

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R1
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FA
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FA
R2

MITTWOCH

RAUM

9:30	Indoorcycling (60 Min.)
10:45	TRX® (50 Min.)
11:30	Mobility Workout (30 Min.)
12:00	Functional Workout (30 Min.)
12:45	Rücken Fit (60 Min.)
17:00	BBP Power (60 Min.)
17:00	ZUMBA® (60 Min.)
18:15	TRX® (50 Min.)
18:15	Hatha Yoga (75 Min.)
19:15	MyPOWER (60 Min.)
19:45	Vinyasa Flow Yoga (75 Min.)

R2
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R1

DONNERSTAG

RAUM

7:00	Wake Up Yoga (60 Min.)
9:00	Cardio Workout (60 Min.)
10:10	BBP Power Express (30 Min.)
10:45	Faszientraining (45 Min.)
17:30	deepWORK™ (60 Min.)
17:50	Box Workout Fortg. (60 Min.)
18:00	Indoorcycling (45 Min.)
18:50	Indoorcycling (60 Min.)
19:00	Dance (60 Min.)
19:00	Functional Workout (30 Min.)
19:35	Bauch Workout (20 Min.)
20:00	MyPOWER (60 Min.)
20:05	Pilates (60 Min.)

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R2
R1

FREITAG

RAUM

7:15	Functional Workout (30 Min.)
8:30	Indoorcycling (60 Min.)
9:45	Gesunder Rücken (60 Min.)
9:45	BBP Power (60 Min.)
11:00	Aqua Power (50 Min.)
17:30	Hatha Yoga (90 Min.)
18:00	Human Sports Workout (30 Min.)
18:00	ZUMBA® (60 Min.)
19:15	TRX® (50 Min.)

FA
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R1
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R2

SAMSTAG

RAUM

9:45	MyPOWER (60 Min.)
10:00	Vinyasa Flow Yoga (90 Min.)
11:00	Indoorcycling (60 Min.)
11:45	Free Floating Aerial Yoga (75 Min.)
12:05	Indoorcycling (60 Min.)
12:15	Running (60 Min.)
15:30	ZUMBA® (60 Min.)
16:00	Yin Yoga (90 Min.)
16:35	deepWORK™ (60 Min.)
17:40	B.A.X.® (45 Min.)

R2
R1
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R1
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Out
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R1
R2
R2
R2

SONNTAG

RAUM

9:40	Yoga für Einsteiger (75 Min.)
10:00	ZUMBA® (60 Min.)
10:30	Functional Workout (30 Min.)
11:00	Bauch Workout (30 Min.)
11:05	Hatha Yoga (75 Min.)
11:15	Aqua Power (50 Min.)
11:20	TRX® (50 Min.)
12:20	BBP Power (60 Min.)
12:25	Pilates (60 Min.)
13:35	Cardio Workout (60 Min.)
14:40	Rücken Fit (60 Min.)
18:30	Functional Workout (30 Min.)
19:05	Bauch Workout (20 Min.)

R1
R2
FA
FA
R1
P
R2
R2
R1
R2
R2
FA
FA

Kursplan

Eschborn

Gültig vom 07.01.2019 bis 13.01.2019

Änderungen vorbehalten

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