

MONTAG

RAUM

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|-------|-------------------------------------|
| 8:00 | Hatha Yoga (75 Min.) |
| 10:00 | BBP Power (60 Min.) |
| 11:05 | Rücken Fit (60 Min.) |
| 17:15 | mei: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.) |

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

DIENSTAG

RAUM

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|-------|-------------------------------------|
| 7:00 | TRX® (50 Min.) |
| 8:00 | MyPOWER (60 Min.) |
| 10:00 | ZUMBA® (60 Min.) |
| 10:15 | Human Sports Workout (30 Min.) |
| 10:30 | Free Floating Aerial Yoga (75 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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| R2 |

MITTWOCH

RAUM

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|-------|------------------------------|
| 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.) |

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| R1 |

DONNERSTAG

RAUM

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|-------|------------------------------|
| 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

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|-------|--------------------------------|
| 7:15 | Functional Workout (30 Min.) |
| 9:45 | Gesunder Rücken (60 Min.) |
| 9:45 | Cardio Workout (60 Min.) |
| 10:50 | bodyART® (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.) |

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| R1 |
| FA |
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| R2 |

SAMSTAG

RAUM

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|-------|-------------------------------------|
| 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.) |

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| R2 |
| R1 |
| R2 |
| R1 |
| R2 |
| Out |
| R2 |
| R1 |
| R2 |
| R2 |

SONNTAG

RAUM

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|-------|---------------------------------|
| 9:20 | Yoga für Einsteiger (75 Min.) |
| 10:00 | ZUMBA® (60 Min.) |
| 10:30 | Functional Workout (30 Min.) |
| 10:45 | Hatha Yoga (90 Min.) |
| 11:00 | Bauch Workout (30 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.) |
| 16:00 | Indoorcycling Special (60 Min.) |
| 18:30 | Functional Workout (30 Min.) |
| 19:05 | Bauch Workout (20 Min.) |

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| R2 |
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| R2 |
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| FA |

Kursplan

Eschborn

Gültig vom 11.03.2019 bis 17.03.2019

Änderungen vorbehalten

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