

# MONTAG

## RAUM

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.)

R1  
R2  
R2  
R2  
FA  
R1  
FA  
R2  
P  
R2  
R1

# DIENSTAG

## RAUM

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 Kondi (60 Min.)  
19:35 Indoorcycling Fort. (60 Min.)

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

# MITTWOCH

## RAUM

9:30 Indoorcycling (60 Min.)  
10:45 Body Workout (60 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.)  
18:20 Aqua Power (50 Min.)  
19:15 MyPOWER (60 Min.)  
19:45 Vinyasa Flow Yoga (75 Min.)

R2  
R2  
FA  
FA  
R1  
R1  
R2  
R2  
R1  
P  
R2  
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 ZUMBA® (60 Min.)  
19:00 Functional Workout (30 Min.)  
19:35 Bauch Workout (20 Min.)  
20:00 MyPOWER (60 Min.)  
20:05 Pilates (60 Min.)

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

# FREITAG

## RAUM

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.)

FA  
R1  
R2  
R2  
P  
R1  
FA  
R2  
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.)  
12:15 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  
R2  
R1  
Out  
R2  
R1  
R2  
R2  
R2

# SONNTAG

## RAUM

9:20 Yoga für Einsteiger (75 Min.)  
10:00 ZUMBA® (60 Min.)  
10:20 Aqua Power (50 Min.)  
10:30 Functional Workout (30 Min.)  
10:45 Hatha Yoga (90 Min.)  
11:00 Bauch Workout (20 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 Vinyasa Flow Yoga (90 Min.)  
18:30 Functional Workout (30 Min.)  
19:05 Bauch Workout (20 Min.)

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

# Kursplan

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# Eschborn

Gültig vom 13.05.2019 bis 19.05.2019

Änderungen vorbehalten

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