

## MONTAG

### RAUM

7:00	Indoorcycling (60 Min.)	R2
10:00	Hatha Yoga (90 Min.)	R1
10:00	ZUMBA® (60 Min.)	R2
11:05	TRX® (50 Min.)	R2
12:00	Pilates (60 Min.)	R1
12:15	Functional Workout (30 Min.)	FA
13:10	TRX® Yoga (50 Min.)	R2
17:00	Body Workout (60 Min.)	R2
18:00	Vinyasa Flow Yoga (75 Min.)	R1
18:00	Rücken Fit (55 Min.)	R2
19:00	Mobility Workout (30 Min.)	FA
19:00	deepWORK™ (60 Min.)	R2
19:20	Free Floating Aerial Yoga (75 Min.)	R1
19:30	Functional Workout (30 Min.)	FA
20:00	Bauch Workout (20 Min.)	FA
20:05	Dance (60 Min.)	R2

## DIENSTAG

### RAUM

7:30	Functional Workout (30 Min.)	FA
9:30	Vinyasa Flow Yoga (90 Min.)	R1
10:00	Aqua Power (50 Min.)	P
11:00	BBP Power (60 Min.)	R2
18:00	MyPOWER (60 Min.)	R2
18:00	Yin Yoga (75 Min.)	R1
18:45	Functional Workout (30 Min.)	FA
19:15	Bauch Workout (20 Min.)	FA
19:15	Indoorcycling (60 Min.)	R2
19:30	Gesunder Rücken (60 Min.)	R1
20:30	Box Workout (60 Min.)	FA

## MITTWOCH

### RAUM

7:00	TRX® (60 Min.)	R2
10:00	BBP Power Express (30 Min.)	R2
10:00	Vinyasa Flow Yoga (90 Min.)	R1
10:35	Dance (60 Min.)	R2
12:30	Functional Workout (30 Min.)	FA
13:00	Bauch Workout (20 Min.)	FA
17:30	deepWORK™ (45 Min.)	R2
17:30	Pilates (60 Min.)	R1
18:00	Functional Workout (30 Min.)	FA
18:20	MyPOWER (60 Min.)	R2
18:45	Aqua Power (50 Min.)	P
18:45	Vinyasa Flow Yoga (75 Min.)	R1
19:30	ZUMBA® (60 Min.)	R2
20:05	Stretching (45 Min.)	R1

## DONNERSTAG

### RAUM

7:00	Wake Up Yoga (60 Min.)	R1
9:00	ZUMBA® (60 Min.)	R2
10:10	Body Workout (60 Min.)	R2
11:20	Aqua Power (50 Min.)	P
12:30	Indoorcycling (60 Min.)	R2
18:00	Indoorcycling Einst. (30 Min.)	R2
18:30	Functional Workout (30 Min.)	FA
18:35	deepWORK™ (60 Min.)	R1
18:35	Indoorcycling (60 Min.)	R2
19:40	Vinyasa Flow Yoga (75 Min.)	R1
19:45	TRX® (60 Min.)	R2

## FREITAG

### RAUM

7:00	Indoorcycling (60 Min.)	R2
10:00	Hatha Yoga (75 Min.)	R1
11:20	Free Floating Aerial Yoga (75 Min.)	R1
12:00	Mobility Workout (30 Min.)	FA
12:30	Functional Workout (30 Min.)	FA
17:30	ZUMBA® (60 Min.)	R2
18:00	Bauch Workout (20 Min.)	FA
18:40	MyPOWER (60 Min.)	R2
18:40	Pilates (60 Min.)	R1
19:45	Hatha Yoga (75 Min.)	R1
20:00	Box Workout (60 Min.)	FA

## SAMSTAG

### RAUM

9:45	Vinyasa Flow Yoga (90 Min.)	R1
10:30	BBP Power (60 Min.)	R2
11:25	Yoga für Einsteiger (75 Min.)	R1
11:40	MyPOWER (60 Min.)	R2
11:45	Functional Workout (30 Min.)	FA

## SONNTAG

### RAUM

9:45	Vinyasa Flow Yoga (75 Min.)	R1
10:00	ZUMBA® (60 Min.)	R2
10:30	Functional Workout (30 Min.)	FA
11:10	Pilates (60 Min.)	R1
11:10	Hatha Yoga (50 Min.)	R2
11:30	Box Workout (60 Min.)	FA
12:15	Free Floating Aerial Yoga (60 Min.)	R1
12:35	Box Workout (60 Min.)	FA
13:20	Free Floating Aerial Yoga (60 Min.)	R1
15:30	Functional Power Workout (60 Min.)	R2
16:35	TRX® (60 Min.)	R2
18:30	Functional Workout (30 Min.)	FA
19:00	Bauch Workout (20 Min.)	FA

# Kursplan

## Henninger Turm

Gültig vom 07.01.2019 bis 13.01.2019

Änderungen vorbehalten

FA - Functional Aerea  
P - Pool  
R2 - großer Kursraum  
R1 - kleiner Kursraum