

K U R S P L A N

| Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | | Samstag | Sonntag | |
|---|--|---|--|---|-------------------------------------|--|--|-------------------------------------|---|----------------------|---|---|---|--|-----------------|--|--|
| Kursraum Achalm | Kursraum Georgenberg | Trainingsfläche | Kursraum Achalm | Kursraum Georgenberg | Trainingsfläche | Kursraum Achalm | Kursraum Georgenberg | Trainingsfläche | Kursraum Achalm | Kursraum Georgenberg | Trainingsfläche | Kursraum Achalm | Kursraum Georgenberg | Trainingsfläche | Kursraum Achalm | Kursraum Georgenberg | Trainingsfläche |
| | | | 07.30 – 08.20 JobFIT Steffi | | | | 08.00 – 08.55 Yoga Helen | | 07.15 – 08.05 Body Workout Claudia | | | 08.00 – 08.50 Mobility Sarah | | | | | |
| | 08.30 – 09.45 Therapeutisches Yoga Elena | 09.00 – 09.45 Functional Bodyfit Heike | | 09.00 – 10.15 Yoga Tanja | | 09.00 – 10.00 BBP Natalie | | | 08.45 – 09.35 BBPo Steffi | | 08.15 – 09.00 Functional Bodyfit Heike | 09.00 – 09.50 Total Body Workout Heike | | | | | 09.15 – 10.15 Crossletics |
| | 10.00 – 10.50 Rücken & Faszien Vangelia | | | | | 10.00 – 11.00 Full Body Stretch Natalie | | | 9.45 – 10.35 Pilates Steffi | | | 10.00 – 10.50 Cycling Einsteiger Heike | | 10.00 – 11.15 Yoga Maria | | 10.00 – 10.50 Sonntag Special It. Aushang | 10.30 – 11.30 Hyrox |
| | | | | | | | | | 11.00 – 12.00 Relax Yoga Sabine | | | | | | | | 11.00 – 12.00 Sonntag Special It. Aushang |
| | | | | | | 16.15 – 17.30 Yoga Tanja | | | | | 16.45 – 17.45 Hyrox | | | | | | |
| 17.15 – 18.20 Yoga Maria | 17.40 – 18.30 Jumping Pia | 17.30 – 18.30 Crossletics | | | 16.45 – 17.45 Hyrox | | 17.30 – 18.15 FaszienFit Vangelia | | 17.30 – 18.20 BBP Maika | | | 16.45 – 18.00 Yoga Maria | | 17.00 – 18.00 Crossletics Strength | | | |
| 18.30 – 19.20 Power Workout Moni | 18.30 – 19.30 Pilates Mix Silvia | 18.40 – 19.30 pebletics Pia | 18.30 – 19.20 Jumping Jenny | | 18.00 – 19.00 Crossletics | 18.30 – 19.20 Starker Rücken Heike | 18.30 – 19.30 Zumba Vangelia | 18.00 – 19.00 Crossletics | 18.30 – 19.20 BungeeFitness Pia | | 18.00 – 19.00 Crossletics | 18.15 – 19.15 Hot Iron Cross Silvia | 18.00 – 19.30 Functional Cycling Maika | 18.00 – 19.30 Hyrox | | | |
| 19.30 – 20.30 Hot Iron Silvia | 19.30 – 20.30 Cycling Knut | 19.30 – 20.30 Crossletics Weightlifting | 19.30 – 20.30 Strong Nation Jenny | 19.00 – 20.00 Cycling Silvia | 19.15 – 20.15 Hyrox | 19.30 – 20.20 Total Body Workout Heike | 19.30 – 20.30 Cycling Walter | 19.00 – 20.00 Crossletics | 19.30 – 20.30 Cycling Pia | | 19.00 – 20.00 Crossletics CompClass | 19.30 – 20.45 Aerial Yoga Silvia | 19.30 – 20.00 Bauch Intensiv Maika | | | | |
| | | | | 20.00 – 21.10 KORCE Silvia | | 20.30 – 21.20 Yoga Maria | | 20.30 – 21.30 Hyrox | | | | | | | | | |