KURSPLAN

A Kursraum Achalm

G Kursraum Georgenberg

T Trainingsfläche

Montag

08.00 - 09.15 G
Therapeutisches Yoga
Elena

09.00 - 09.45 T
Functional Bodyfit
Heike

10.00 - 10.50 G
Rücken & Faszien
Vangelia

17.00 - 17.30 T
Core+Mobility
Dani

17.15 - 18.20 A
Yoga
Maria

17.30 - 18.30 G
Zumba
Clara

17.30 - 18.30 T
Hyrox
Einsteiger

18.30 - 19.20 A
Power Workout
Moni

18.30 - 19.30 G
Pilates Mix
Silvia

18.40 - 19.30 T
pebletics
Pia

19.30 - 20.30 A
Hot Iron
Silvia

19.30 - 20.30 G
Cycling
Knut

Dienstag

07.30 - 08.20 A
JobFIT
Steffi

09.00 - 10.15 G
Yoga
Tanja

17.00 - 18.00 T
Hyrox

18.00 - 18.50 A
Jumping
Vanessa

18.00 - 19.00 T
Hyrox

19.00 - 19.50 A
BBP
Jenny

19.00 - 20.00 G
Cycling
Silvia

19.00 - 20.00 T
Hyrox

20.00 - 21.00 A
Strong Nation
Jenny

20.05 - 20.25 G
Core Express
Silvia

Mittwoch

08.00 - 08.55 G
Yoga
Helen

09.00 - 10.00 A
BBP
Natalie

10.00 - 11.00 A
Full Body Stretch
Natalie

16.15 - 17.30 A
Yoga
Tanja

17.00 - 18.00 T
Hyrox

17.30 - 18.15 G
FaszienFit
Vangelia

18.00 - 19.00 T
Crossletics

18.30 - 19.20 A
Starker Rücken
Heike

18.30 - 19.30 G
Zumba
Vangelia

19.00 - 20.00 T
Hyrox

19.30 - 20.20 A
Total Body Workout
Pia R.

19.30 - 20.30 G
Cycling
Walter

20.30 - 21.20 A
Yoga
Maria

20.30 - 21.30 T
Hyrox

Donnerstag

07.15 - 08.15 A
Yoga
Tanja

08.45 - 09.35 A
BBPo
Steffi

09.45 - 10.35 A
Pilates
Steffi

11.00 - 12.15 G
Yoga
Tanja

17.00 - 18.00 T
Hyrox

17.15 - 18.30 A
Aerial Yoga
Silvia

18.00 - 19.00 T
ATHX

18.30 - 19.30 A
Korce
Silvia

19.00 - 20.30 T
Crossletics

19.30 - 20.30 A
Cycling
Pia

Freitag

08.00 - 08.50 A
Mobility
Sarah

09.00 - 09.50 A
Total Body Workout
Heike

10.00 - 10.50 A
Cycling Einsteiger
Heike

16.45 - 18.00 A
Yoga
Maria

17.00 - 18.00 T
Hyrox

18.00 - 19.30 G
Functional Cycling
Maika

18.00 - 19.30 T
Hyrox

18.15 - 19.15 A
Hot Iron Cross
Silvia

19.25 - 19.45 G
Bauch Intensiv
Maika

19.30 - 20.30 T
Hyrox

19.30 - 20.45 A
Yonga
Silvia

Samstag

09.15 - 10.15 A
Männer Yoga
Maria

10.30 - 11.45 A
Yoga
Maria

14.00 - 15.00 A
Power Pilates
Dini

15.00 - 16.00 A
Fit & Strong
Dini

Sonntag

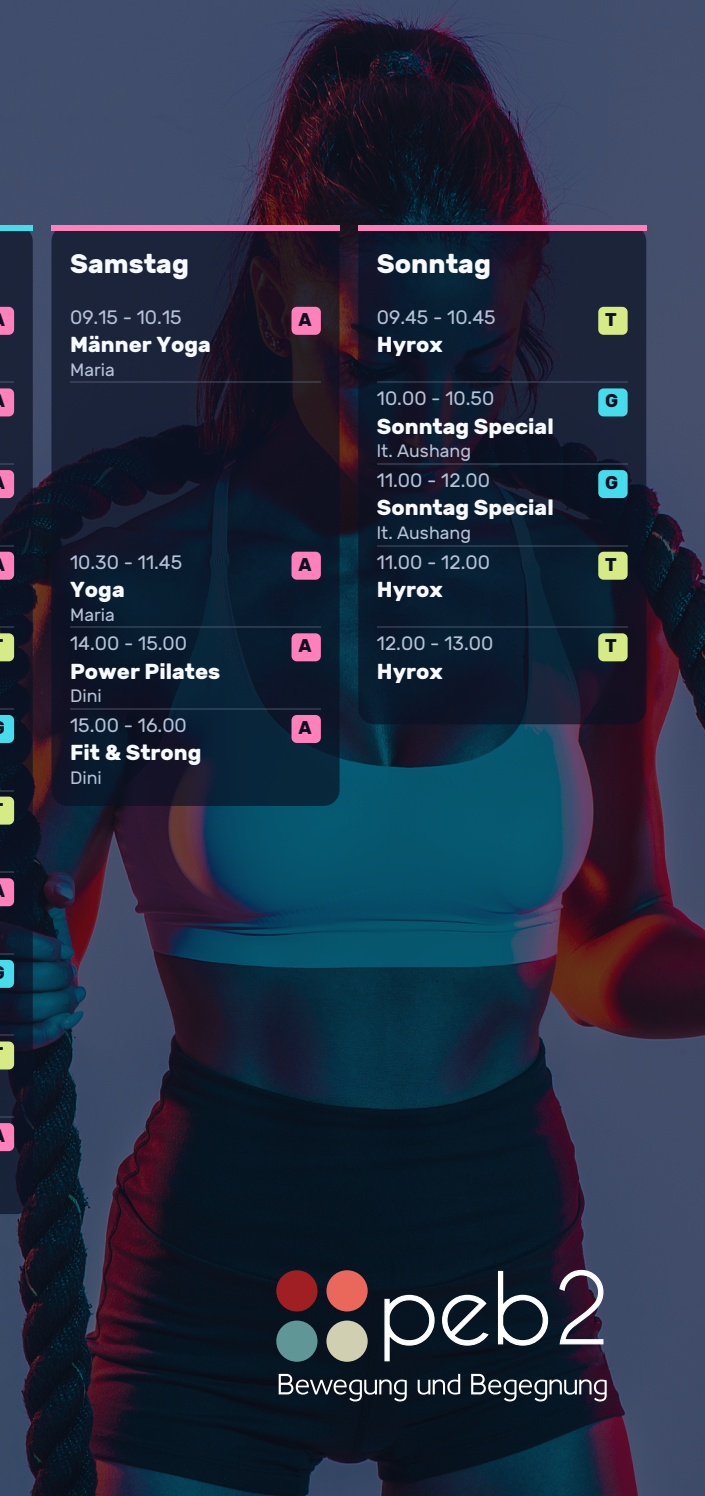
09.45 - 10.45 T
Hyrox

10.00 - 10.50 G
Sonntag Special
lt. Aushang

11.00 - 12.00 G
Sonntag Special
lt. Aushang

11.00 - 12.00 T
Hyrox

12.00 - 13.00 T
Hyrox



peb2
Bewegung und Begegnung