# 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

- 10.00 - 11.15 A **Yoga** Maria
- 11.30 - 13.00 A **Männer 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