

Kursplan 2022

ab März 2022

***Hybrid-Kurse**



| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------------------------------------|---------------------------------------|--|---|--------------------------------------|---|--|
| 08.15-09.15 Pilates 55+ | * 07.30-08.30 Yoga Vinyasa | 08.15-09.15 Rücken | | * 08.15-09.15 Pilates E/M | | |
| * 09.15-10.15 Pilates E | | * 09.15-10.15 Rücken | | | | |
| 10.30-11.30 Yin-Yoga | | | 10.30-11.45 Iyengar-Yoga | 10.30-11.30 Fit 4 Fun | 10.30-11.15 TRX | * 10.00-11.00 Vinyasa-Yoga |
| | | 16.00-17.00 Jugendtraining II Kurs | | | 13.45-14.45 Jugendtraining I Kurs | |
| | | * 17.00-18.00 Pilates M | 16.00-17.00 Jugendtraining I Fläche | 17.30-18.30 TRX meets Fit Mix | | 15.00-16.00 Jugendtraining II Fläche |
| * 18.00-19.00 Rücken | 18.15-19.15 Vinyasa-Yoga | 18.00-19.00 Pilates E | | | | |
| * 19.00-19.30 Stretch | 19.15-20.00 Langhantel | | * 19.15-20.15 Vinyasa-Yoga | | | |
| 19.45-20.45 Body Tone | | 19.15-20.00 TRX | | | | |
| 17.30-18.30 Cycling | | 18.00-19.00 Cycling | 18.00-19.00 Cycling für Beginner | 18.15-19.30 Cycling | | |
| 18.30-19.30 Cycling | 19.00-20.00 Cycling | 19.00-20.00 Cycling | | | | 11.00-12.00 Cycling |
| | | | | | | Stand: 28.02.2022 |