

K U R S P L A N

Montag	Kursraum Achalm		10.00 – 10.50 Starker Rücken Natalie	17.15 – 18.20 Yoga Maria	18.30 – 19.20 Power Workout Moni	19.30 – 20.30 Hot Iron Silvia	
	Kursraum Georgenberg	08.30 – 09.45 Yoga Sarah Sander			18.30 – 19.20 Jumping Pia	19.30 – 20.30 Jumping Cross Jenny	
	Trainingsfläche	09.00 – 09.45 Functional Bodyfit Heike			18.30 – 19.15 TRX-Zirkel Silvia		
	Body & Mind		10.00 – 10.45 Faszien meets Pilates Vangelia				
Dienstag	Kursraum Achalm	07.30 – 08.20 JobFIT Steffi			18.00 – 18.50 BBP Jenny	19.00 – 20.00 Strong Nation Jenny	
	Kursraum Georgenberg	09.00 – 09.50 Body Workout Katrín	10.00 – 10.50 Pilates (meets Workout) Katrín			19.00 – 20.00 Cycling Lisa	
	Body & Mind				18.00 – 19.00 KORCE Silvia	19.00 – 20.30 Deep Work + BodyArt Silvia	
Mittwoch	Kursraum Achalm	09.00 – 10.00 BBP Natalie	10.00 – 11.00 Full Body Stretch Natalie		18.30 – 19.20 Starker Rücken Heike	19.30 – 20.20 Total Body Workout Heike	
	Kursraum Georgenberg			17.30 – 18.15 FaszienFit Vangelia	18.30 – 19.30 Zumba Vangelia	19.30 – 20.30 Cycling Walter	
	Body & Mind					20.00 – 21.15 Yoga Maria	
Donnerstag	Kursraum Achalm	07.15 – 08.05 Body Workout Heike	09.00 – 09.50 BBP Steffi	10.00 – 10.50 Pilates Steffi	17.30 – 18.20 BBP Maika	18.30 – 19.20 Jumping Marleen	19.30 – 20.30 Cycling Knut
	Kursraum Georgenberg						
	Trainingsfläche					19.00 – 19.30 Bauch Spezial Paul	19.30 – 20.00 Functional Fatburner Paul
	Body & Mind					18.00 – 19.00 KORCE Silvia	
Freitag	Kursraum Achalm	09.00 – 09.50 Total Body Workout Heike	10.00 – 10.50 Cycling Einsteiger Heike	16.45 – 18.00 Yoga Maria	18.00 – 19.00 DeepWork Silvia	19.00 – 20.00 Hot Iron Cross Silvia	
	Kursraum Georgenberg				18.00 – 19.15 Functional Cycling Maika		
	Body & Mind						
Samstag	Kursraum Achalm		10.00 – 11.00 Yoga Maria				
	Kursraum Georgenberg						
Sonntag	Kursraum Achalm						
	Kursraum Georgenberg		10.00 – 10.50 Sonntag Special lt. Aushang	11.00 – 12.00 Sonntag Special lt. Aushang			