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SPORT QUADRAT

Mo 29.07.2019	Di 30.07.2019	Mi 31.07.2019	Do 01.08.2019	Fr 02.08.2019	Sa 03.08.2019	So 04.08.2019
9.15-10.15 (K) **Indoor Cycling** Volker	9.15-10.10 (K) **BBP & Core** Sonja	9.15-10.10 (K) **Fit Mix Workout** Coco	9.15-10.10 (K) **Pilates & Rücken** Sonja	9.15-10.10 (K) **Rücken Intensiv** Alex	10.15-11.10 (K) **Zumba®** Andrea	10.00-10.55 (K) **Fit mit Aroha** Olga
10.25-11.20 (K) **Faszien Training** Volker		10.15-11.10 (K) **Faszien Training** Coco		10.15-11.15 (K) **Yoga** Alex		11.00-11.30 (K) **Rücken Intensiv** Olga
		11.15-12.10 (S) **Konditionstraining** Agathe				
18.00-18.55 (K) **Functional Training** Jerome	19.00-19.55 (S) **Step Aerobic** Moni	18.00-18.55 (K) **Yoga** Alexandra		17.00-17.55 (K) **Zumba** Mervet		
19.00-19.25 **Cycling Intro** Steffen	19.00-19.55 (K) **Fit Mix Workout** Mervet	19.00-19.55 (K) **Rücken Intensiv** Sabine	19.00-19.55 (K) **Fit Mix Workout** Sabine	18.00-18.30 (K) **Bauch Intensiv** Mervet		
19.30-20.30 (K) **Indoor Cycling** Steffen	20.00-20.55 (K) **Faszien Training** Mervet	20.00-20.55 (K) **Aerobic & BBP** Michi	20.00-21.15 (S) **Pilates & Relax** Elena	18.35-19.30 (K) **Relax & Flex** Mervet		
19.00-20.00 (S) **Aroha** Olga		19.30-21.00 (S) **L.A. BoxXing** Klaus				

(K) = Kursraum (S) = Sporthalle

Mo 05.08.2019	Di 06.08.2019	Mi 07.08.2019	Do 08.08.2019	Fr 09.08.2019	Sa 10.08.2019	So 11.08.2019
	9.15-10.10 (K) **BBP & Core** Olga	9.15-10.10 (K) **Fit Mix Workout** Claudi	9.15-10.10 (K) **Pilates & Rücken** Sonja	9.15-10.10 (K) **Rücken Intensiv** Alex	10.15-11.10 (K) **Zumba®** Andrea	10.00-10.55 (K) **Ganzkörpertraining** Steffi
		10.15-11.10 (K) **Faszien Training** Claudi		10.15-11.15 (K) **Yoga** Alex		11.00-11.30 (K) **Haltung & Relax** Steffi
		11.15-12.10 (S) **Konditionstraining** Claudi				
18.00-18.55 (K) **Functional Training** Claudi		18.00-18.55 (K) **Yoga** Alexandra		17.00-17.55 (K) **Zumba** Mervet		
19.00-19.25 **Cycling Intro** Steffen	19.00-19.55 (K) **Fit Mix Workout** Mervet	19.00-19.55 (K) **Rücken Intensiv** Sabine	19.00-19.55 (K) **Fit Mix Workout** Sabine	18.00-18.30 (K) **Bauch Intensiv** Mervet		
19.30-20.30 (K) **Indoor Cycling** Steffen	20.00-20.55 (K) **Faszien Training** Mervet	20.00-20.55 (K) **Aerobic & BBP** Michi	20.00-21.15 (S) **Pilates & Relax** Sonja	18.35-19.30 (K) **Relax & Flex** Mervet		
19.00-20.00 (S) **Aroha** Olga		19.30-21.00 (S) **L.A. BoxXing** Klaus				

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Mo 12.08.2019	Di 13.08.2019	Mi 14.08.2019	Do 15.08.2019	Fr 16.08.2019	Sa 17.08.2019	So 18.08.2019
9.15-10.15 (K) **Indoor Cycling** Petra	9.15-10.10 (K) **BBP & Core** Olga	9.15-10.10 (K) **Fit Mix Workout** Petra	9.15-10.10 (K) **Pilates & Rücken** Sonja	9.15-10.10 (K) **Rücken Intensiv** Alex	10.15-11.10 (K) **Zumba®** Petra	10.00-10.55 (K) **Cardio & Kraft** Steffi
10.25-11.20 (K) **Yoga** Petra		10.15-11.10 (K) **Faszien Training** Petra		10.15-11.15 (K) **Yoga** Alex		11.00-11.30 (K) **Fitte Faszien** Steffi
		11.15-12.10 (S) **Konditionstraining** Claudi				
18.00-18.55 (K) **Functional Training** Claudi		18.00-18.55 (K) **Yoga** Alexandra		17.00-17.55 (K) **Zumba** Mervet		
19.00-19.25 **Cycling Intro** Steffen	19.00-19.55 (K) **Fit Mix Workout** Mervet	19.00-19.55 (K) **Rücken Intensiv** Sabine	19.00-19.55 (K) **Fit Mix Workout** Sabine	18.00-18.30 (K) **Bauch Intensiv** Mervet		
19.30-20.30 (K) **Indoor Cycling** Steffen	20.00-20.55 (K) **Faszien Training** Mervet	20.00-20.55 (K) **Aerobic & BBP** Michi	20.00-21.15 (S) **Pilates & Relax** Olga	18.35-19.30 (K) **Relax & Flex** Mervet		
19.00-20.00 (S) **Aroha** Olga		19.30-21.00 (S) **L.A. BoxXing** Klaus	20.05-21.05 (K) **Indoor Cycling** Steffen			

(K) = Kursraum (S) = Sporthalle

Mo 19.08.2019	Di 20.08.2019	Mi 21.08.2019	Do 22.08.2019	Fr 23.08.2019	Sa 24.08.2019	So 25.08.2019
9.15-10.15 (K) **Indoor Cycling** Petra	9.15-10.10 (K) **BBP & Core** Olga	9.15-10.10 (K) **Fit Mix Workout** Petra	9.15-10.10 (K) **Pilates & Rücken** Volker	9.15-10.10 (K) **Rücken Intensiv** Volker	10.15-11.10 (K) **Zumba®** Petra	10.00-10.55 (K) **Step Aerobic** Steffi
10.25-11.20 (K) **Yoga** Petra		10.15-11.10 (K) **Faszien Training** Petra		10.15-11.15 (K) **Mobile Faszien** Volker		11.00-11.30 (K) **Core Training** Steffi
18.00-18.55 (K) **Functional Training** Klaus		18.00-18.55 (K) **Yoga** Alexandra		17.00-17.55 (K) **Zumba** Mervet		
19.00-19.25 **Cycling Intro** Steffen	19.00-19.55 (K) **Fit Mix Workout** Mervet	19.00-19.55 (K) **Rücken Intensiv** Sabine	19.00-19.55 (K) **Fit Mix Workout** Sabine	18.00-18.30 (K) **Bauch Intensiv** Mervet		
19.30-20.30 (K) **Indoor Cycling** Steffen	20.00-20.55 (K) **Faszien Training** Mervet	20.00-20.55 (K) **Aerobic & BBP** Michi	20.00-21.15 (S) **Pilates & Relax** Elena	18.35-19.30 (K) **Relax & Flex** Mervet		
19.00-20.00 (S) **Aroha** Olga		19.30-21.00 (S) **L.A. BoxXing** Klaus	20.05-21.05 (K) **Indoor Cycling** Volker			

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9.15-10.15 (K) **Indoor Cycling** Petra	9.15-10.10 (K) **BBP & Core** Volker	9.15-10.10 (K) **Fit Mix Workout** Petra	9.15-10.10 (K) **Pilates & Rücken** Volker	9.15-10.10 (K) **Rücken Intensiv** Volker	10.15-11.10 (K) **Zumba®** Petra	10.00-10.55 (K) **Fit mit Intervall** Steffi
10.25-11.20 (K) **Yoga** Petra		10.15-11.10 (K) **Faszien Training** Petra		10.15-11.15 (K) **Mobile Faszien** Volker		11.00-11.30 (K) **Flex & Relax** Steffi
18.00-18.55 (K) **Functional Training** Jerome	19.00-19.55 (S) **Step Aerobic** Steffi	18.00-18.55 (K) **Yoga** Mervet		17.00-17.55 (K) **Zumba** Mervet		
19.00-19.25 **Cycling Intro** Steffen	19.00-19.55 (K) **Fit Mix Workout** Mervet	19.00-19.55 (K) **Rücken Intensiv** Sabine	19.00-19.55 (K) **Fit Mix Workout** Sabine	18.00-18.30 (K) **Bauch Intensiv** Mervet		
19.30-20.30 (K) **Indoor Cycling** Steffen	20.00-20.55 (K) **Faszien Training** Mervet	20.00-20.55 (K) **Aerobic & BBP** Michi	20.00-21.15 (S) **Pilates & Relax** Elena	18.35-19.30 (K) **Relax & Flex** Mervet		
19.00-20.00 (S) **Aroha** Steffi		19.30-21.00 (S) **L.A. BoxXing** Klaus	20.05-21.05 (K) **Indoor Cycling** Volker			

(K) = Kursraum (S) = Sporthalle

Mo 02.09.2019	Di 03.09.2019	Mi 04.09.2019	Do 05.09.2019	Fr 06.09.2019	Sa 07.09.2019	So 08.09.2019
9.15-10.15 (K) **Indoor Cycling** Petra	9.15-10.10 (K) **BBP & Core** Volker	9.15-10.10 (K) **Fit Mix Workout** Petra	9.15-10.10 (K) **Pilates & Rücken** Volker	9.15-10.10 (K) **Rücken Intensiv** Volker	10.15-11.10 (K) **Zumba®** Petra	10.00-10.55 (K) **Fit mit Step** Steffi
10.25-11.20 (K) **Yoga** Petra		10.15-11.10 (K) **Faszien Training** Petra		10.15-11.15 (K) **Mobile Faszien** Alex		11.00-11.30 (K) **Rücken Intensiv** Steffi
18.00-18.55 (K) **Functional Training** Jerome	19.00-19.55 (S) **Step Aerobic** Steffi	18.00-18.55 (K) **Yoga** Mervet		17.00-17.55 (K) **Zumba** Lara		
19.00-19.25 **Cycling Intro** Steffen	19.00-19.55 (K) **Fit Mix Workout** Mervet	19.00-19.55 (K) **Rücken Intensiv** Sabine	19.00-19.55 (K) **Fit Mix Workout** Sabine	18.00-18.30 (K) **Bauch Intensiv** Lara		
19.30-20.30 (K) **Indoor Cycling** Steffen	20.00-20.55 (K) **Faszien Training** Mervet	20.00-20.55 (K) **Aerobic & BBP** Michi	20.00-21.15 (S) **Pilates & Relax** Elena	18.35-19.30 (K) **Relax & Flex** Lara		
19.00-20.00 (S) **Aroha** Steffi		19.30-21.00 (S) **L.A. BoxXing** Klaus	20.05-21.05 (K) **Indoor Cycling** Volker			

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9.15-10.15 (K) **Indoor Cycling** Petra	9.15-10.10 (K) **BBP & Core** Olga	9.15-10.10 (K) **Fit Mix Workout** Petra	9.15-10.10 (K) **Pilates & Rücken** Sonja	9.15-10.10 (K) **Rücken Intensiv** Alex	10.15-11.10 (K) **Zumba®** Petra	10.00-10.55 (K) **Ganzkörpertraining** Steffi
10.25-11.20 (K) **Yoga** Petra		10.15-11.10 (K) **Faszien Training** Petra		10.15-11.15 (K) **Yoga** Alex		11.00-11.30 (K) **Haltung & Relax** Steffi
		11.15-12.10 (S) **Konditionstraining** Claudi				
18.00-18.55 (K) **Functional Training** Claudi		18.00-18.55 (K) **Yoga** Alexandra		17.00-17.55 (K) **Zumba** Lara		
19.00-20.00 (S) **Aroha** Olga	19.00-19.55 (K) **Fit Mix Workout** Claudi	19.00-19.55 (K) **Rücken Intensiv** Sabine	19.00-19.55 (K) **Fit Mix Workout** Sabine	18.00-18.30 (K) **Bauch Intensiv** Lara		
	20.00-20.55 (K) **Faszien Training** Claudi	20.00-20.55 (K) **Aerobic & BBP** Michi	20.00-21.15 (S) **Pilates & Relax** Sonja	18.35-19.30 (K) **Relax & Flex** Lara		
		19.30-21.00 (S) **L.A. BoxXing** Klaus	20.05-21.05 (K) **Indoor Cycling** Volker			

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