

Sommer-Kursplan

Stand 12. August 2019



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		
	19.00-19.55 (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		
	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 Sonja	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 Mervet	18.35-19.30 (K) Relax & Flex Mervet		
		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 Coco	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) Yoga Alexandra		17.00-17.55 (K) Zumba Mervet		
18.00-18.55 (K) Functional Training Klaus						
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		
		19.30-21.00 (S) L.A. BoxXing Klaus	20.05-21.05 (K) Indoor Cycling Volker			

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Mo 26.08.2019	Di 27.08.2019	Mi 28.08.2019	Do 29.08.2019	Fr 30.08.2019	Sa 31.08.2019	So 01.09.2019
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 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		
		19.30-21.00 (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 Alex	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) Yoga 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		
		19.30-21.00 (S) L.A. BoxXing Klaus	20.05-21.05 (K) Indoor Cycling Volker			

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QUADRAT

Mo 09.09.2019	Di 10.09.2019	Mi 11.09.2019	Do 12.09.2019	Fr 13.09.2019	Sa 14.09.2019	So 15.09.2019
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 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 Steffi	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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