

Kursplan aerobiczone ab Februar 2020

MONTAG

08.30 – 09.25	Step & Tone ***	Katja
09.00 – 09.55 zone 2	DeepWORK ***	Beatrice
09.30 – 10.25	Pilates ***	Conni
12.15 – 13.00	Pump	Conni
17.00 – 17.55	FUNSTONE/Bauch, Beine, Po	Alicia
18.00 – 18.55	Bodytoning	Beatrice
19.00 – 19.55	FUNSTONE Cardio	Denise
20.00 – 20.55	Zumba®	Geraldine

DIENSTAG

08.30 – 09.25	Pilates ***	Denise
09.30 – 09.55	M.A.X.® ***	Denise
10.00 – 10.25	Bodytoning ***	Denise
12.15 – 13.00	DeepWORK	Nina
17.00 – 17.55	Zumba®	Vero
18.00 – 18.55	FUNSTONE/Bauch, Beine, Po	Katja
18.00 – 18.55 zone 2	Zumba® & Toning	Alicia
19.00 – 19.55	Step (Level II - III)	Katja
20.00 – 20.55	Pilates	Denise

MITTWOCH

08.00 – 08.55 zone 2	DeepWORK Basic	Beatrice
08.30 – 09.25	Zumba® ***	Geraldine
09.00 – 09.55 zone 2	DeepWORK ***	Beatrice
09.30 – 10.25	Pump ***	Conni
12.15 – 13.00	Pilates	Conni
17.00 – 17.55	Pump	Vero
18.00 – 18.25	M.A.X.®	Daniela
18.30 – 18.55	Bauch, Beine, Po	Daniela
18.30 – 19.25 zone 2	Piloxing	Geraldine
19.00 – 19.55	Antara	Daniela
20.00 – 20.55	Hatha Yoga & Relax	Judith

DONNERSTAG

08.30 – 09.25	FUNSTONE/Bauch, Beine, Po ***	Daniela
09.30 – 10.25	Yoga	Yvonne
18.00 – 18.55 zone 2	DeepWORK	Teamplan
18.00 – 18.55	Pump	Anne
19.00 – 19.55	Zumba®	Vero
20.00 – 20.55	Zumba®	Carlos

FREITAG

08.30 – 09.25 zone 2	Antara ***	Daniela
08.30 – 09.25	Pump ***	Simon
09.30 – 10.25 zone 2	FUNSTONE/Bauch, Beine, Po ***	Daniela
09.30 – 10.25	Step & Tone ***	Denise
12.15 – 13.00 zone 2	FUNSTONE/Bauch, Beine, Po	Samantha
17.00 – 17.55	Pump	Micha
18.00 – 18.55	Pilates & Faszien	Franzi
18.00 – 18.55 zone 2	Dance (Level II - III)	Katja & John

SAM.

09.30 – 10.25 zone 2	DeepWORK	Teamplan
09.30 – 10.25	Bodytoning/Functionaltraining	Carlos
10.30 – 11.45	Yoga für ALLE	Teamplan

SON.

10.00 – 10.55	FUNSTONE Cardio	Teamplan
11.00 – 11.55	Pump	Teamplan
12.00 – 12.55	M.A.X. / Bauch, Beine, Po (1x im Monat)	Teamplan
12.00 – 12.55	Zumba (3x im Monat)	Teamplan