

**Group Exercises Gesamtplan 2017**

**Vertretungsplan vom 18.09.17 bis 24.09.17**

**VERTRETUNGEN & ÄNDERUNGEN SIND GELB MARKIERT**

**KURSPLAN KANN NOCH ABWEICHEN!**



| MONTAG      |                         |            |      |
|-------------|-------------------------|------------|------|
| 09:00-10:15 | Jivamukti Yoga          | Heike      | MF B |
| 09:30-10:30 | Bodystyling             | Petra      | J A  |
| 10:30-11:15 | W.S.G                   | Petra      | J A  |
| 17:15-18:00 | B.B.P                   | Gloria     | J A  |
| 18:00-19:00 | Pilates                 | Marco      | J B  |
| 18:00-19:00 | Zumba                   | Gloria     | J A  |
| 19:00-19:45 | Get in Shape            | Marco      | M A  |
| 19:00-19:30 | Faszientraining         | Florian A. | J B  |
| 19:30-20:30 | Kinesis Shape           | Constanze  | J F  |
| 19:45-21:00 | TRX (nur mit Anmeldung) | Marco      | J A  |

| DONNERSTAG  |                         |         |     |
|-------------|-------------------------|---------|-----|
| 09:30-10:30 | Hollywood Condition     | Florian | J A |
| 10:00-11:30 | Vinyasa Yoga            | Karin   | M B |
| 10:00-10:20 | Bauchkiller             | Stefan  | J F |
| 10:30-11:00 | Stretching              | Florian | J A |
| 17:45-18:30 | Pilates                 | Marco   | J A |
| 18:30-19:25 | Zumba                   | Orhan   | J A |
| 19:25-20:10 | CoreWorkout&Stretch     | Orhan   | J A |
| 20:15-21:00 | TRX (nur mit Anmeldung) | Stefan  | J A |

| DIENSTAG    |                       |            |      |
|-------------|-----------------------|------------|------|
| 09:00-10:00 | WSG stretch&more      | Sabrina    | J A  |
| 10:00-11:15 | Step Tonic            | Sabrina    | E A  |
| 10:00-11:30 | Vinyasa Yoga          | Kali       | MF B |
| 10:00-10:20 | Bauchkiller           | Florian A. | J F  |
| 10:30-11:00 | Faszientraining       | Florian A. | J F  |
| 17:00-18:00 | W.S.G. stretch & more | Sabrina    | J B  |
| 18:00-19:00 | Intensive Workout     | Sabrina    | J A  |
| 18:30-19:30 | Lauftreff             | Fiorella   | J O  |
| 19:00-20:00 | HIITBurner            | Maja       | J A  |
| 19:30-21:00 | Vinyasa Yoga          | Jane       | M B  |
| 20:00-21:00 | BodyLIFT              | Maja       | J A  |

| FREITAG     |                |           |     |
|-------------|----------------|-----------|-----|
| 09:00-10:00 | Move 2         | Sabrina   | M A |
| 10:00-11:00 | Bodystyling    | Sabrina   | J A |
| 10:00-11:15 | Jivamukti Yoga | Karin     | M B |
| 10:00-11:00 | Kinesis Shape  | Constanze | J F |
| 11:00-12:00 | Vital Workout  | Sabrina   | J A |
| 16:00-17:00 | W.S.G.         | Conny     | J A |
| 17:00-18:00 | B.B.P.& more   | Conny     | J A |

| MITTWOCH    |                     |            |      |
|-------------|---------------------|------------|------|
| 09:30-10:30 | Pilatesball         | Kathrin W. | J A  |
| 10:00-11:00 | Kinesis Shape       | Florian A. | J F  |
| 10:30-11:45 | Yoga für Einsteiger | Szuzanna   | E B  |
| 10:30-11:15 | Faszientraining     | Kathrin W. | J A  |
| 16:30-17:30 | W.S.G               | Conny      | J A  |
| 17:30-18:30 | Bodystyling         | Conny      | EM A |
| 18:15-19:45 | Vinyasa Yoga        | Christiane | MF B |
| 18:30-19:15 | Cardio Moves        | Alex       | MF A |
| 19:15-20:00 | B.B.P.              | Alex       | E A  |

| SAMSTAG     |                |        |      |
|-------------|----------------|--------|------|
| 08:45-10:00 | Jivamukti Yoga | Romana | J B  |
| 09:50-10:50 | TRX            | Orhan  | MF A |
| 11:00-12:00 | Deep Work      | Orhan  | J A  |
| 14:30-15:30 | Bodystyling    | Orhan  | J A  |
| 15:30-16:30 | Zumba          | Orhan  | J A  |

| SONNTAG     |                |          |      |
|-------------|----------------|----------|------|
| 10:00-11:00 | Workout        | Achilles | J A  |
| 10:00-11:30 | Yoga           | Steffi   | MF B |
| 11:00-11:45 | Step           | Achilles | MF A |
| 16:30-18:00 | Jivamukti Yoga | Marie    | EM B |
| 17:45-18:30 | Moves 3        | Petra    | F A  |
| 18:30-19:15 | Bodystyling    | Petra    | J A  |

| Zeichenerklärung: |                      |
|-------------------|----------------------|
| A = Raum A        | E = Einsteiger       |
| B = Raum B        | M = Mittlere Stärke  |
| F = Fitness       | F = Fortgeschrittene |
| O= Outdoor        | J = Jedermann        |

| Kinderbetreuung: |             |
|------------------|-------------|
| Di.              | 08:45-12:00 |
| Fr.              | 08:45-12:00 |
| Sa.              | 08:30-12:15 |
| So.              | 09:45-13:00 |

| Öffnungszeiten:   |             |     |
|-------------------|-------------|-----|
| Mo., Mi.          | 08:00-23:00 | Uhr |
| Di.,Do.           | 07:00-23:00 | Uhr |
| Fr.,So., Feiertag | 08:00-21:30 | Uhr |
| Sa.               | 08:00-21:00 | Uhr |