

**Group Exercises Gesamtplan 2019**

**Vertretungsplan vom 14.01.19 bis 20.01.19**

**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	Nili	J A
18:00-19:00	Pilates	Yvonne	J B
18:00-19:00	Latin Dance	Nili	J A
19:00-19:45	Get in Shape	Yvonne	M A
19:00-19:30	Faszientraining	Florian A.	J B
19:30-20:30	Kinesis Shape	Constanze	J F
19:45-21:00	Langhantelworkout	Yvonne	J A

DONNERSTAG			
09:30-10:30	Functional Power	Maria	J A
10:00-11:30	Vinyasa Yoga	Sakina	M B
10:00-10:20	Bauchkiller	Fiorella	J F
10:30-11:00	Stretching	Kathrin	J A
17:45-18:30	Pilates	Marco	J B
18:30-19:30	Zumba	Orhan	J A
19:30-20:15	CoreWorkout&Stretch	Orhan	J A
19:30- 21:00	Vinyasa Yoga	Julia	MF B

DIENSTAG			
09:00-10:00	WSG stretch&more	Sabrina	J A
10:00-11:15	Step Tonic	Sabrina	E A
10:00-11:30	Ashtanga Yoga	Sakina	M 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 A
18:00-19:00	Intensive Workout	Sabrina	J A
19:00-20:00	Step BASIC	Giannis	J A
19:30-21:00	Vinyasa Yoga	Thomas	M B
20:00-21:00	Workout	Giannis	J A

FREITAG			
09:00-10:00	Moves 2	Sabrina	M A
10:00-11:00	Bodystyling	Sabrina	J A
10:00-11:15	Jivamukti Yoga	Thomas	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	Serdar	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	Stretching	Serdar	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
10:00-11:00	Bodystyling	Orhan	J A
11:00-12:00	Zumba	Orhan	J A
16:00-17:00	TRX	Orhan	M A
17:00-18:00	deepWORK	Orhan	J A

SONNTAG			
10:00-11:00	Workout	Giannis	J A
10:00-11:30	Yoga	Anette	MF B
11:00-11:45	Step	Giannis	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

**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

**Kinderbetreuung:**

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