

UHRZEIT	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
9:00	9:45-10:45 PILATES FÜR ALLE Sten (2)				9:45-10:45 WORKOUT MIX Sten (2)				9:30-10:30 BODYPUMP Thomy (2)	
10:00	10:45-12:00 DANCE Sten (2)		10:30-11:30 WSG Sten (1)				10:00-11:00 YOGA FÜR ALLE Uta (3)		10:30-11:00 FUNCTIONAL TRAINING Thomas	
11:00	11:00-11:30 PO/BAUCH/STRETCH Lis (3)				11:00-12:00 PILATES INTRO Sten (1)		11:00-12:00 YOGA WORKOUT Uta (3)		11:15-12:15 WSG Christoph (2)	
12:00	12:00-12:45 STRETCHING & ENTSPANNUNG Sten (2)		12:30-13:00 PO/BAUCH/STRETCH Lis (3)							
13:00 - 16:00										
17:00	17:30-18:00 FUNCTIONAL TRAINING Thiemo		17:30-18:00 BAUCH & RÜCKEN INTENSIV Thorsten (2)		17:30-18:00 X-PRESS WORKOUT Thorsten (2)		17:30-18:30 SPINNING Hanno (1)		17:15-18:15 BODYCOMBAT Hanno (2)	
18:00	18:00-19:00 BODYATTACK Mathias (2)	18:00-19:00 WSG Angela (1)	18:00-19:00 BODYPUMP Thorsten (2)	18:00-19:00 WSG Hanno (1)	18:00-19:00 BODYPUMP Thorsten (2)	18:00-19:00 PILATES E Christiane (1)	18:15-19:00 STEP M Thomas (2)		18:00-19:30 YOGA E-M Afshin (3)	
	18:00-19:00 YOGA E dynamisch Bina (3)		18:00-19:30 YOGA E-M dynamisch Christoph (3)		18:00-19:00 YOGA E dynamisch Bina (3)		18:30-19:00 FUNCTIONAL TRAINING Hanno	18:45-19:45 WSG Mandy (1)	18:15-19:15 BOP / WORKOUT Hanno (2)	
19:00	19:00-20:00 STEP M-F Thomas (2)	19:00-20:00 SPINNING Mathias (1)	19:00-20:00 PILATES E Sten (1)	19:00-20:00 BODY COMBAT Kathrin (2)	19:00-20:00 YOGA E-M dynamisch Janine (3)	19:00-20:00 SLING WORKOUT Thiemo (1)	19:00-20:00 BODYPUMP Thomy (2)	19:00-20:00 YOGA FÜR ALLE Anna (3)		
	19:00-20:00 BODY CIRCUIT Thiemo (Säule)	19:00-20:00 YOGA M dynamisch Bina (3)	19:45-21:15 YOGA FÜR ALLE dynamisch Bina (3)		19:00-20:00 WORKOUT Thomas (2)	19:00-19:45 FUNCTIONAL TRAINING David	19:45-21:15 SPINNING Thomas (1)			
20:00	20:00-21:00 STEP E Thomas (2)	20:10-20:40 PO/BAUCH/STRETCH Thiemo (1)	20:10-21:10 PILATES M-F Sten (2)		20:00-21:30 YIN-YOGA Vira (3)		20:00-21:00 DEEP WORK Anna (3)			
	20:10-21:10 WSG Christoph (3)				20:10-21:10 SPINNING Thomas (1)		20:00-21:30 DANCE Altera (2)			
21:00	21:00-22:00 BODYPUMP Thomy (2)									

UHRZEIT	SAMSTAG	SONNTAG	
10:00	10:30-12:00 YOGA FÜR ALLE Bina (3)		
11:00		11:45-12:45 BODYPUMP Mathias (2)	
12:00		12:45-13:45 BODYCOMBAT Mathias (2)	
13:00			
14:00	14:00-14:30 PO/BAUCH/STRETCH (3)	14:00-15:00 STEP E-M Moni (2)	14:45-15:45 WSG Thiemo (3)
15:00	15:00-16:00 PILATES Mathias (1)	15:00-16:00 BOP / WORKOUT Moni (2)	15:00-16:00 SPINNING Thomas (1)
16:00	16:00-16:45 FUNCTIONAL TRAINING Mathias	16:00-17:00 DEEPWORK BASIC Thomas (2)	
	16:00-17:00 BOP Moni (2)		
17:00	17:00-18:00 BODYPUMP Hanno (2)		

Kursraumbezeichnung:

(1) z.B. Spinning (obere Etage) | (2) z.B. Bodypump (untere Etage)
(3) z.B. Yoga-Raum (untere Etage) | (Säule) Express-Training

Schwierigkeitsgrad:

E: Einsteiger | M: Mittelstufe | F: Fortgeschrittene

Specials: Extra Special-Kursplan.

Zusätzliche, wöchentlich wechselnde Special-Kurse

BUSHIDO
Fitness-Studio