

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:00					
07:15					
07:30			Pilates (F) 7:15 - 8:00 Uhr (B. Weidner)		
07:45					
08:00					
08:15			Pilates (F) 8:15 - 9:00 Uhr (B. Weidner)		
08:30					
08:45					
09:00					
09:15					
09:30					
09:45					
10:00					
10:15	Entspannungsgymnastik mit Qigong (B) 10:15 - 11:00 Uhr (G. Zapf)				
10:30					
10:45					
11:00					
11:15	Hatha Yoga zum Auftanken (P) 11:15 - 12:15 Uhr (G. Zapf)				
11:30					
11:45					
12:00					
12:15		Yoga Ashtanga Vinyasa Flow (F) 12:15 - 13:15 Uhr (N. Grünjes)			
12:30	Hatha Yoga zum Auftanken (P) 12:30 - 13:30 Uhr (G. Zapf)				Stretching (F) 12:45 - 13:30 Uhr (H. Duhart)
12:45					
13:00					
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15:45					
16:00	Pilates (F) 16:00 - 16:55 Uhr (H. Duhart)	Bauchkiller (B) 16:30 - 16:55 Uhr (C. Hausmann)		Tabata Intensive Workout (F) 16:15 - 16:45 Uhr (B. Eigner)	
16:15					
16:30					
16:45					
17:00	Kettle Bell (F) 17:00 - 17:55 Uhr (H. Duhart)	Jumping Fitness (F) 17:00 - 17:55 Uhr (C. Bachus)	Nike Dynamic Outdoor Training (F) 17:00 - 17:45 Uhr (B. Eigner)	Nike Dynamic Outdoor Training (F) 17:00 - 17:45 Uhr (B. Eigner)	
17:15					
17:30					
17:45					
18:00	Core Fitness (F) 18:00 - 18:55 Uhr (C. Kleinlein)		Outdoor Training im Parcours (F) 18:00 - 18:50 Uhr (L. Drummer)	Jumping Fitness (F) 18:00 - 18:55 Uhr (L. Drummer)	
18:15					
18:30					
18:45					
19:00		Full Body Workout (F) 19:00 - 19:45 Uhr (L. Drummer)	Rope Skipping (F) 19:00 - 19:55 Uhr (L. Drummer)	Jumping Fitness (F) 19:00 - 19:55 Uhr (C. Bachus)	
19:15					
19:30					
19:45					
20:00			Pilates (F) 20:00 - 20:55 Uhr (E. Schleicher)	Cycling (F) 20:00 - 20:55 Uhr (H. Duhart)	
20:15					
20:30					
20:45					
21:00					
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22:00					
22:15					
22:30					
22:45					
23:00					
23:15					
23:30					

Belegung durch SGS

Basisprogramm (B)

Fitnesskurse (F) & Präventionskurse (P)