

Kursplan 8.-19.Juni 2020

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Zeit	9:30 -10:00	9:30 -10:00	9:30 -10:00	9:30 -10:00	9:30 -10:00
Kurs	Body Style	BBP	Pilates	Spinning	Bauch Intensiv
Trainer	Karin Hinze	Rudie	Karin H.	Christina	Rudie
Zeit	10:10 - 10:40	10:10 - 10:40	10:10 - 10:40	10:10 - 10:40	10:10 - 10:40
Kurs	Body Style	BBP	Pilates	Spinning	Bauch Intensiv
Trainer	Karin Hinze	Rudie	Karin H.	Christina	Rudie
Zeit	10:50 - 11:20	10:50 - 11:20	10:50 - 11:20	10:50 - 11:20	10:50 - 11:20
Kurs	Pilates	WS	WS	Faszien	Stretching
Trainer	Karin H.	Rudie	Karin H.	Christina	Rudie
Zeit	11:30 - 12:00	11:30 - 12:00	11:30 - 12:00	11:30 - 12:00	11:30 - 12:00
Kurs	Pilates	WS	WS	Faszien	Stretching
Trainer	Karin H.	Rudie	Karin H.	Christina	Rudie
Zeit	17:20 - 17:50	17:30 - 18:00			
Kurs	Faszien	WS			
Trainer	Christina	Rudie			
Zeit	18:00 - 18:30	18:10 - 18:40	18:00 - 18:30	18:00 - 18:30	18:00 - 18:30
Kurs	Spinning	WS	Yoga	Body Stle	Workout
Trainer	Michael	Rudie	Christina	Steffi	Chris
Zeit	18:40 - 19:10		18:40 - 19:10	18:40 - 19:10	18:40 - 19:10
Kurs	Spinning		Yoga	Body Style	Workout
Trainer	Michael		Christina	Steffi	Chris
Zeit	19:30 - 20:00		19:30 - 20:00	19:30 - 20:00	
Kurs	Qi Gong		Workout	Fusion	
Trainer	Christina		Chris	Steffi	
Zeit	20:10 - 20:40		20:10 - 20:40	20:10 - 20:40	
Kurs	Qi Gong		Workout	Fusion	
Trainer	Christina		Chris	Steffi	