

# Kursplan aerobiczone ab März 2018

**MONTAG**

08.30 – 09.25	Step & Tone ***	Katja
<b>09.00 – 09.55 zone 2</b>	<b>Deep Work ***</b>	<b>Beatrice</b>
09.30 – 10.25	Pilates ***	Conni
12.15 – 13.00	Pump	Conni
17.00 – 17.55	FUNSTONE/Bauch, Beine, Po	<b>NEU</b> Alicia
18.00 – 18.55	Bodytoning	Beatrice
19.00 – 19.55	FUNSTONE Cardio	<b>NEU</b> Denise
20.00 – 20.55	Zumba®	Geraldine

**DIENSTAG**

08.30 – 09.25	Pilates & Faszien ***	Denise
09.30 – 09.55	M.A.X.® ***	Denise
10.00 – 10.25	Bodytoning ***	Denise
12.15 – 13.00	DeepWork	Beatrice
17.00 – 17.55	Zumba®	Vero
18.00 – 18.55	FUNSTONE/Bauch, Beine, Po	<b>NEU</b> Katja
<b>18.00 – 18.55 zone 2</b>	<b>Zumba® &amp; Toning</b>	<b>Alicia</b>
19.00 – 19.55	Dance & Step (Level II - III)	<b>NEU</b> Katja
20.00 – 20.55	Pilates	Denise

**MITTWOCH**

8.30 – 09.25	Zumba® ***	Geraldine
<b>09.00 – 09.55 zone 2</b>	<b>Deep Work ***</b>	<b>Beatrice</b>
09.30 – 10.25	Pump ***	Conni
12.15 – 13.00	Pilates	Conni
17.00 – 17.55	Pump	Vero
18.00 – 18.25	M.A.X.®	Anne
18.30 – 18.55	Bauch, Beine, Po	Anne
<b>18.30 – 19.25 zone 2</b>	<b>Piloxing</b>	<b>Geraldine</b>
19.00 – 19.55	Antara Weights	Daniela
20.00 – 20.55	Yoga	Susanne

**DONNERSTAG**

08.30 – 09.25	FUNSTONE/Bauch, Beine, Po ***	<b>NEU</b> Daniela
09.30 – 10.25	Chi Yoga	Yvonne
18.00 – 18.55	Pump	Anna
19.00 – 19.55	Zumba®	Vero
20.00 – 20.55	Zumba®	Carlos
21.00 – 21.25	Sixpack	Carlos

**FREITAG**

08.30 – 09.25	Pump ***	Simon
<b>08.30 – 09.25 zone 2</b>	<b>Antara ***</b>	<b>Daniela</b>
09.30 – 10.25	Step & Tone ***	Denise
<b>09.30 – 10.25 zone 2</b>	<b>FUNSTONE/Bauch, Beine, Po ***</b>	<b>NEU</b> Daniela
<b>12.15 – 13.00 zone 2</b>	<b>FUNSTONE/Bauch, Beine, Po ***</b>	<b>NEU</b> Anne
17.00 – 17.55	Pump	Nicole T.
18.00 – 18.55	Pilates & Faszien	Franzi

**SAM.**

09.30 – 10.25	Bodytoning/Functionaltraining	Carlos
<b>10.00 – 10.55 zone 2</b>	<b>Deep Work</b>	<b>Teamplan</b>
10.30 – 11.45	Chi Yoga	<b>Teamplan</b>

**SON.**

10.00 – 10.55	FUNSTONE Cardio	<b>NEU</b> Teamplan
11.00 – 11.55	Pump	<b>Teamplan</b>
12.00 – 12.30	M.A.X. (2x im Monat)	<b>NEU</b> Teamplan
12.00 – 12.55	Zumba (2x im Monat)	<b>Teamplan</b>