# Kursplan und Trainer KW20

## Montag

13.05.24

| Kursraum 3. OG | | | | Kursraum 4.OG | | | |
|---|---|---|---|---|---|---|---|
| Beginn | Kurs | Dauer [min] | Trainer | Beginn | Kurs | Dauer [min] | Trainer |
| 09:00 | RückenFit | 60 | Alexandra | 18:30 | Flexibar | 45 | Anastasiya |
| 18:00 | Sixpack | 15 | Loris | | | | |
| 18:30 | Pumping | 45 | Jürgen | | | | |
| 19:30 | Jumping Fitness | 45 | Jürgen | | | | |

## Dienstag

14.05.24

| Kursraum 3. OG | | | | Kursraum 4.OG | | | |
|---|---|---|---|---|---|---|---|
| Beginn | Kurs | Dauer [min] | Trainer | Beginn | Kurs | Dauer [min] | Trainer |
| 10:00 | Bodystyling | 45 | Loris | 18:00 | Mobility Stretch | 30 | Philipp |
| 17:30 | BBP | 45 | Sandro | 19:30 | Yoga | 75 | Jutta |
| 18:30 | Fatburner Intense | 45 | Sandro | | | | |

## Mittwoch

15.05.24

| Kursraum 3. OG | | | | Kursraum 4.OG | | | |
|---|---|---|---|---|---|---|---|
| Beginn | Kurs | Dauer [min] | Trainer | Beginn | Kurs | Dauer [min] | Trainer |
| 09:00 | Pilates | 60 | Alexandra | 18:00 | Pilates | 60 | Friederike |
| 12:30 | Functional Workout | 30 | Tim | | | | |
| 18:00 | Jumping Fitness | 45 | Jule | | | | |
| 19:00 | Latin Dance | 45 | Jürgen | | | | |

## Donnerstag

16.05.24

| Kursraum 3. OG | | | | Kursraum 4.OG | | | |
|---|---|---|---|---|---|---|---|
| Beginn | Kurs | Dauer [min] | Trainer | Beginn | Kurs | Dauer [min] | Trainer |
| 10:00 | Flexibar | 45 | Alexandra | 18:00 | Sixpack | 15 | Loris |
| 11:00 | Qigong | 60 | - | 18:30 | RückenFit | 45 | Loris |
| 17:30 | Bodystyling | 45 | Janine B. | 19:30 | Yoga | 75 | Andrea |
| 18:30 | Jumping Fitness | 45 | Janine B. | | | | |

## Freitag

17.05.24

| Kursraum 3. OG | | | | Kursraum 4.OG | | | |
|---|---|---|---|---|---|---|---|
| Beginn | Kurs | Dauer [min] | Trainer | Beginn | Kurs | Dauer [min] | Trainer |
| 09:00 | RückenFit | 60 | Chris | | | | |
| 17:30 | Pilates | 60 | Anastasiya | | | | |

MOVEMENT
FITNESS & WELLNESS CLUB

## Samstag

18.05.24

| Kursraum 3. OG | | | | Kursraum 4.OG | | | |
|---|---|---|---|---|---|---|---|
| Beginn | Kurs | Dauer [min] | Trainer | Beginn | Kurs | Dauer [min] | Trainer |
| 10:00 | Pumping | 45 | Vivian | | | | |
| 11:00 | Jumping Fitness | 45 | Vivian | | | | |
| 12:00 | Sixpack | 15 | Philipp | | | | |
| 12:30 | Functional Workout | 30 | Philipp | | | | |

## Sonntag

19.05.24

| Kursraum 3. OG | | | | Kursraum 4.OG | | | |
|---|---|---|---|---|---|---|---|
| Beginn | Kurs | Dauer [min] | Trainer | Beginn | Kurs | Dauer [min] | Trainer |
| 10:00 | Box&Move | 45 | Mareike | 10:30 | Yoga | 90 | Jutta |
| 11:00 | BBP | 45 | Mareike | | | | |
| 12:00 | Mobility Stretch | 30 | Philipp | | | | |