

# Kursplan und Trainer KW23

| Montag         |                 |                |           |               |          |                |         |
|----------------|-----------------|----------------|-----------|---------------|----------|----------------|---------|
| 02.06.25       |                 |                |           |               |          |                |         |
| Kursraum 3. OG |                 |                |           | Kursraum 4.OG |          |                |         |
| Beginn         | Kurs            | Dauer<br>[min] | Trainer   | Beginn        | Kurs     | Dauer<br>[min] | Trainer |
| 09:00          | RückenFit       | 60             | Alexandra | 18:30         | Flexibar | 45             | Mine    |
| 18:00          | Sixpack         | 15             | Loris     |               |          |                |         |
| 18:30          | Pumping         | 45             | Mareilke  |               |          |                |         |
| 19:30          | Jumping Fitness | 45             | Jürgen    |               |          |                |         |
|                |                 |                |           |               |          |                |         |
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| Dienstag       |                      |                |           |               |      |                |         |
|----------------|----------------------|----------------|-----------|---------------|------|----------------|---------|
| 03.06.25       |                      |                |           |               |      |                |         |
| Kursraum 3. OG |                      |                |           | Kursraum 4.OG |      |                |         |
| Beginn         | Kurs                 | Dauer<br>[min] | Trainer   | Beginn        | Kurs | Dauer<br>[min] | Trainer |
| 10:00          | Bodystyling          | 45             | Alexandra | 19:30         | Yoga | 75             | Jutta   |
| 17:30          | BBP                  | 45             | Mine      |               |      |                |         |
| 18:30          | Fatburner<br>Intense | 45             | Mareike   |               |      |                |         |
|                |                      |                |           |               |      |                |         |
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[illegible]

| Donnerstag     |                 |             |           |               |           |             |         |
|----------------|-----------------|-------------|-----------|---------------|-----------|-------------|---------|
| 05.06.25       |                 |             |           |               |           |             |         |
| Kursraum 3. OG |                 |             |           | Kursraum 4.OG |           |             |         |
| Beginn         | Kurs            | Dauer [min] | Trainer   | Beginn        | Kurs      | Dauer [min] | Trainer |
| 10:00          | Flexibar        | 45          | Alexandra | 18:30         | RückenFit | 45          | Loris   |
| 11:00          | Qigong          | 60          | Miriam    | 19:30         | Yoga      | 75          | Andrea  |
| 17:30          | Bodystyling     | 45          | Mareike   |               |           |             |         |
| 18:30          | Jumping Fitness | 45          | Mareike   |               |           |             |         |
|                |                 |             |           |               |           |             |         |
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