

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
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Vormittags

WS-Gymnastik <i>Stephie</i> 9.00 – 9.45	WS-Gymnastik <i>N.N.</i> 9.15 – 10.00	Rückenschule \$20 <i>Anne</i> 9.15 – 10.00	Faszientraining mit eigener Rolle <i>Heide</i> 9.15 – 10.00 Start:13.08.	Rücken & Stretch <i>Heide</i> NUR ONLINE 9.00 – 10.00	Body Art meets Deep Work <i>Anke</i> 10.10 – 11.10	Wellness – Mix <i>Steffi B. / Isabell</i> 11.15 – 12.15 *Anmeldung über das Lady Sports
Pilates – Faszien – Mix <i>Stephie</i> NUR ONLINE 10.00 – 10.45		Faszientraining \$20 <i>Stephie</i> 10.45 – 11.30	Pilates \$20 <i>Stephie</i> 9.15 – 10.00 Start 3.9.	Pilates Mix <i>N.N.</i> 10.15 – 11.15	Body Pump <i>Melanie</i> 13.00 – 14.00	
Yoga <i>Stephie</i> 11.30 – 12.30					Spin Biking <i>Andreas</i> 14.15 - 15.15	

Nachmittags/Abends

Pilates \$20 <i>Anne</i> 16.00 – 16.45	Body Styling <i>Anne</i> 18.00 – 18.45	Spin Biking <i>Heide</i> 17.00 - 17.50	Bauch intensiv <i>Hanna</i> 17.15 – 17.30	Pilates \$20 <i>Stephie</i> 17.00 – 17.45	Legende: Im Lady Sports Kursraum * Nur für Ladys Online (über Zoom) <u>„\$20“ folgende Kurse können von der Krankenkasse im Rahmen der Primärprävention gefördert werden.</u>
Pilates \$20 <i>Anne</i> 17.00 – 17.45			Bauch Beine Po <i>Larissa</i> 17.45 – 18.30		
Body Pump <i>Sabine</i> 18.00 – 19.00		Spin Biking <i>Anne</i> 18.05 - 18.55	WS-Gymnastik <i>Larissa</i> 18.45 – 19.30		
Spin Biking <i>Jens</i> 19.15 - 20.15	Body Art <i>Anke</i> 19.15 – 20.15	Body Pump <i>Birgit</i> 19.10 – 20.10	Strong & Fit <i>Diana</i> 19.40 – 20.25	Spin Biking <i>Michaela</i> 18.00 - 19.00 Start: 07.08.	





Montag	Dienstag	Mittwoch	Donnerstag
Vormittags			
Nordic Walking am Obersee <i>Katja</i> 9.00 – 10.15	TRX (Mix) <i>Frank</i> 9.15 – 10.00 Kickbike <i>Frank</i> 10.15 – 11.15	Nordic Walking am Obersee <i>Josi</i> 9.00 – 10.15	Nordic Walking am ZiF <i>Katja</i> 9.00 – 10.15 TRX (Mix) <i>Anne</i> 8.45 – 9.30
Abends			
TRX <i>Patryk</i> 17.45 – 18.30		TRX (Mix) <i>Larissa</i> 17.45 -18.30	TRX (Mix) <i>Frank / Katja</i> 18.00 – 18.45
TRX (Mix) <i>Patryk</i> 18.45 – 19.30		TRX (Mix) <i>Larissa</i> 18.45 -19.30	TRX (Mix) <i>Frank / Katja</i> 19.00 -19.45
Kickbike <i>Antonia</i> 19.00 – 19.45		Mountainbike <i>Frank</i> 18.00 – 19.30	Lauftraining am ZiF <i>Anne</i> 18.45 – 19.45
			Kickbike <i>Frank</i> 17.00 – 18.00