

# ***FITNESS FORUM***

***Weilimdorf Fitness- & Gesundheitsstudio***

## **Kursprogramm**

<b>Montag</b>	<b>Dienstag</b>	<b>Mittwoch</b>	<b>Donnerstag</b>	<b>Freitag</b>	<b>Samstag</b>	<b>Sonntag</b>
10:00-10:40 <b>HerzKreislauf- u. Krafttraining</b> <i>Anja</i>	09:30-10:25 <b>Tabata Workout (A)</b> <i>Nicole</i>	08:45-09:40 <b>Gesunder Alltag</b> <i>Conny</i>	9:00-9:55 <b>Yoga</b> <i>Kim</i>	09:00-09:45 <b>Gesunder Alltag (A)</b> <i>Conny</i>		10:30-11:30 <b>Sunday Power (M)</b> <i>Überraschung</i>
10:45-11:30 <b>Stabilisations- u. Mobilisations-training</b> <i>Anja</i>	10:30-11:00 <b>Bauch/Rücken/Stretch (A)</b> <i>Nicole</i>	10:30-11:30 <b>Seegygnastik</b> <i>FiFo Trainer</i>	10:00-10:55 <b>Rückenfit</b> <i>Kim</i>			
			11:00-11:30 <b>Stretch&amp;relax</b> <i>Kim</i>			
17:00-18:25 <b>Fitnesssport (A)</b> <i>Panja/Nicole</i>	17:15-18:00 <b>Rückenfit (A)</b> <i>Christine</i>	17:45-19:00 <b>Tai Chi (A)</b> <i>Gabi</i>	18:00-18:50 <b>Hot Iron M/F)</b> <i>Panja</i>	17:00-18:00 <b>Yoga (A)</b> <i>Christine</i>		
18:30-19:25 <b>Body Art (A)</b> <i>Christine</i>	18:00-18:45 <b>deepWork (A)</b> <i>Christine</i>		19:00-19:55 <b>Spinning (A/M)</b> <i>Panja</i>			
19:30-20:30 <b>Spinning (M/F)</b> <i>Jörg</i>	19:00-19:55 <b>ZUMBA (A)</b> <i>Charlina</i>	19:00-20:00 <b>HIIT (M/F)</b> <i>Nicole</i>	19:00-20:00 <b>Cardio Combat (M)</b> <i>Olli</i>			