

# Kursplan

11.02.2019 - 17.02.2019

Montag 11.02.2019	Dienstag 12.02.2019	Mittwoch 13.02.2019	Donnerstag 14.02.2019	Freitag 15.02.2019	Samstag 16.02.2019	Sonntag 17.02.2019
08:30 - 09:20 Rückenfit Klaus	09:30 - 10:00 LesMills CXWorx Nils Kietzer	09:30 - 10:20 Indoor Cycling	09:30 - 11:00 Rückenfit Sylvia	09:30 - 10:15 Functional Medic	11:00 - 12:00 Taekwondo Kids 1	10:00 - 12:00 Cycling - Grundlage... Herbert
09:30 - 10:20 Indoor Cycling	10:10 - 11:10 LesMills Bodypump	10:30 - 11:15 Functional Women	18:00 - 19:00 Ernährungs- & Abneh...	09:30 - 10:20 Faszienyogastik Melanie	12:00 - 13:00 Taekwondo Kids 2	11:00 - 12:30 Sunday Special
09:30 - 10:15 Functional Medic	10:10 - 11:10 LesMills Bodybalanc...	17:00 - 18:00 LesMills Bodypump Andreas	18:10 - 19:00 Shape Baba	10:30 - 11:30 LesMills TONE	14:10 - 15:10 LesMills Bodypump Anne	
10:30 - 11:20 Pilates Klaus	18:00 - 19:00 Iyengar Yoga Hossein	17:10 - 18:00 Faszienyogastik	19:00 - 19:45 Hip Hop I Taka	15:30 - 16:30 Hip Hop Bambino ab...	15:15 - 16:15 LesMills Bodyattack... Anne	
17:00 - 17:25 Step I	18:10 - 18:55 LesMills Bodypump X...	18:10 - 19:00 Step II Sandra	19:10 - 20:10 LesMills Bodybalanc... Melanie	16:30 - 17:30 Hip Hop Kids ab 9-...		
17:00 - 18:00 INJOY Fitnessführer... Andreas	19:00 - 19:20 BauchKilla Xpress	18:10 - 19:00 Indoor Cycling BEGI... Manfred N.	20:00 - 20:45 Hip Hop II Taka	17:15 - 18:00 Functional Athletic...		
17:10 - 18:00 Pilates Helen	19:10 - 20:00 Indoor Cycling Martin	18:10 - 18:30 BauchKilla Xpress	20:15 - 21:15 Yoga	18:10 - 19:00 Indoor Cycling		
17:30 - 18:00 LesMills CXWorx Nils Kietzer	19:30 - 20:00 LesMills TONE Xpres...	18:45 - 19:45 LesMills Bodyattack...		19:15 - 20:15 LesMills Bodypump		
18:00 - 19:00 LesMills Bodypump	20:00 - 20:45 Functional Athletic...	19:00 - 20:00 INJOY Fitnessführer... Daniela				
18:10 - 19:10 Yoga Rebecca		19:10 - 20:00 Pilates Sandra				
19:10 - 20:00 Rückenfit Jule						

- Entspannung
- Les Mills
- Indoor Cycling
- Information
- Workout
- Präventionskurse...
- Rücken & Gelenke...
- Taekwondo
- Yoga

Stand: 17.02.2019

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<div style="background-color: #d9ead3; padding: 5px; margin-bottom: 5px;">           19:10 - 20:10            LesMills Bodybalanc...         </div> <div style="background-color: #5cb85c; padding: 5px; margin-bottom: 5px;">           20:10 - 21:00            Indoor Cycling         </div> <div style="background-color: #4286f8; padding: 5px;">           20:15 - 21:00            ZUMBA         </div>						

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|---|---|---|---|
| <span style="display: inline-block; width: 15px; height: 15px; background-color: #d9ead3; border: 1px solid black;"></span> Entspannung | <span style="display: inline-block; width: 15px; height: 15px; background-color: #e91e63; border: 1px solid black;"></span> Hip Hop             | <span style="display: inline-block; width: 15px; height: 15px; background-color: #5cb85c; border: 1px solid black;"></span> Indoor Cycling      | <span style="display: inline-block; width: 15px; height: 15px; background-color: #f1c40f; border: 1px solid black;"></span> Information |
| <span style="display: inline-block; width: 15px; height: 15px; background-color: #a64d59; border: 1px solid black;"></span> Les Mills   | <span style="display: inline-block; width: 15px; height: 15px; background-color: #27ae60; border: 1px solid black;"></span> Präventionskurse... | <span style="display: inline-block; width: 15px; height: 15px; background-color: #9b59b6; border: 1px solid black;"></span> Rücken & Gelenke... | <span style="display: inline-block; width: 15px; height: 15px; background-color: #34495e; border: 1px solid black;"></span> Taekwondo   |
| <span style="display: inline-block; width: 15px; height: 15px; background-color: #3498db; border: 1px solid black;"></span> Workout     | <span style="display: inline-block; width: 15px; height: 15px; background-color: #f1c40f; border: 1px solid black;"></span> Yoga                |   |   |