KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 - 10:00 TF StandUp Zirkel	09:00 - 10:00 TF StandUp Zirkel	08:00 - 09:00 TF StandUp Zirkel	10:00 - 11:00 K1 Wirbelsäule	09:00 - 10:00 TF StandUp Zirkel	10:15 - 11:15 K1 Bodyworkout	10:15 - 11:15 K2 Bodyworkout
10:00 - 11:00 FF Zirkeltraining	09:00 - 10:00 K2 Pilates (Beginn 02/24)	09:00 - 10:00 TF Mobility Zirkel	11:00 - 12:00 K1 Bodyworkout	10:00 - 11:00 TF Mobility Zirkel	11:00 - 12:00 FF Zirkeltraining	10:30 - 11:30 K1 Spin Racing
		10:00 - 11:00 K1 BBP			11:30 - 12:30 K2 Yoga	11:15 - 11:45 K2 Bauch & Rücken
					12:00 - 12:30 FF Bauch & Rücken	
18:00 - 19:00 K1 Bodyworkout	17:00 - 18:00 FF Zirkeltraining	17:00 - 18:00 TF StandUp Zirkel				
18:30 - 19:30 FF Zirkeltraining	18:00 - 19:00 K1 Pilates	18:00 - 19:00 K1 Langhantel	18:00 - 19:00 K2 Yoga	17:00 - 18:00 TF Mobility Zirkel		
19:00 -20:00 K2 Stretch & Relax	19:00 - 20:00 K1 BBP	19:00 - 20:00 K2 Deepwork	18:00 - 19:00 FF High Rocks	18:00 - 19:00 FF Zirkeltraining		
19:00 - 20:00 K1 Spin Racing	20:00 - 21:00 K1 Core & Stretch	19:00 - 20:00 K1 Spin Racing	18:00 - 19:00 K1 Spin Racing	19:00 - 19:30 FF Bauch & Rücken		
19:30 - 20:00 FF Bauch & Rücken			19:00 - 20:00 K2 Muskeltraining			

K1 = Kursraum 1

K2 = Kursraum 2

TF = Trainingsfläche

FF = Functionalfläche

trainingslager_ladenburg

TRAININGSLAGER_Ladenburg