

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	Meditation 08:15 - 09:00 Pedro (Saal 5)	Meditation 08:15 - 09:00 Valentine (Saal 4)	Yoga meets BODYART 08:15 - 09:15 Nika (Saal 4)			
Yoga BASIC 08:45 - 09:45 Sylvia (Saal 4)	Yoga meets BODYART 09:00 - 10:00 Nika (Saal 4) (14 tägig)	Pilates 08:20 - 09:10 Anja (Saal 5)	Pilates 09:30 - 10:30 Sandra (Saal 4)	Rücken yoga 09:00 - 10:15 Sylvia (Saal 4)	Yin Yoga meets Yang Yoga 09:00 - 10:15 Sibylle (Saal 4)	
	BODYART Flow 09:00 - 10:00 Caro (Saal 4) (14 tägig)	Rückenworkout 09:15 - 10:05 Anja (Saal 5)	Training zur Zellerneuerung 09:45 - 11:15 Vivien (Saal 5)	BODYART Medic. & Rec. 10:30 - 11:30 Caro (Saal 4)		Yoga Flow 10:15 - 11:15 Mascha (Saal 4)
Hatha Yoga 10:00 - 11:30 Sylvia (Saal 4)	Beweglichkeit 10:10 - 10:55 Ruth (Saal 4)	Qi Gong 10:00 - 11:00 Parichard (Saal 4)		HIIT 12:00 - 12:30 Moritz (deen)	STRONG Nation 11:00 - 12:00 Steffi (Saal 4)	Rückenworkout 11:30 - 12:20 Mascha (Saal 4)
	Feldenkrais 11:30 - 12:30 Ruth (Saal 4)	Beckenboden 10:15 - 11:05 Anja (Saal 3)	ELONGA 15:30 - 16:30 Maxie (Atrium)			
		Tai Chi 11:10 - 12:10 Parichard (Saal 4)	Vita Fit 17:00 - 18:00 Sven (Saal 1)			
Functional Workout 16:30 - 17:20 Moritz (Saal 5)	Latin Move 15:45 - 16:45 Oli (Atrium)		Stabilisationstraining 17:00 - 17:50 Silvia (Saal 5)			
HIIT 17:30 - 18:00 Moritz (deen)	BODYART 17:00 - 17:50 Caro/Sabrina (Atrium)	Faszientraining 16:15 - 17:05 Ruth (Saal 5)	Zirkeltraining 17:55 - 18:25 Moritz (deen)	Pilates 17:00 - 17:50 Sandra (Saal 5)		
Pilates 17:30 - 18:20 Annette (Saal 5)	Dance Fitness 17:00 - 17:45 Sven (Saal 1)	AROHA 17:15 - 18:05 David (Saal 4)	Dance Fitness 18:15 - 19:00 Karola (Saal 3)	Vinyasa Yoga 18:00 - 19:00 Sandra (Saal 5)		
Isolation und Körperbewegung 18:00 - 19:00 Tabea (Saal 4)			Rückenworkout 18:30 - 19:20 Susanna (Saal 4)			
Rückenworkout 18:30 - 19:20 Annette (Saal 5)			Fit Mix 19:30 - 20:20 Susanna (Saal 5)	Hip Hop Oldies 19:25 - 20:25 Maxie (Saal 4)		
BODYART Structure 19:30 - 20:30 Dani (Saal 5)			Isolation und Körperbewegung 20:45 - 21:45 Tabea (Saal 3)			