

PRIME CLASSES

KURSRAUM 1 IM EG



KURSRAUM 2 IM UG



ONLINE KURSE



Uhrzeit	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:30			7:15-7:45 HIIT Ina Beyer				
7:30 - 8:00	7:30-8:30 YOGA Karo Helinski	7:30-8:30 YOGA Sabrina Sesay	07:45-08:15 STRONG CORE mit Ina Beyer		07:15-08:15 BODY COMPLETE mit Nina Schmidt		
8:00 - 8:30					7:30-8:30 YOGA ONLINE Doreen Stolle		
8:30 - 9:00					8:30-9:30 YOGA Doreen Stolle		
9:00 - 9:30							
9:30 - 10:00					9:30-10:30 PILATES Doreen Stolle		
10:00 - 10:30							10:00-11:00 BODYCOMBAT Susanne Siegel
10:30 - 11:00						10:30-11:30 Uhr BBP Tanja Schorge	10:00-11:00 YOGA ONLINE Doreen Stolle
11:00 - 11:30				11:00-12:00 Uhr YOGA Vio Borss			11:00-12:00 YOGA Doreen Stolle
11:30 - 12:00						11:30-12:30 Uhr PILATES Tanja Schorge	
12:00 - 12:30							12:00-13.30 YOGA & MEDITATION Doreen Stolle
12:30 - 13:00				12:30-13:30 Uhr BODYPUMP Doreen Stolle			
13:00-13:30							
PAUSE							
18:00 - 18:30	18:00-19:00 BODY PUMP Nina Schmidt	18:00-19:00 RÜCKENFIT Tanja Schorge	18:00-19:00 RÜCKENFIT Dimitri Koltyrin	18:00-19:00 PILATES Kathrin Seiler			18:00-19:00 BODY PUMP Doreen Stolle
18:30 - 19:00						18:00-19:00 BODYCOMBAT Milica Latinovic	
19:00 - 19:30	19:00-20:00 BBP Nina Schmidt	19:00-20:00 PILATES Tanja Schorge	19:00-20:00 BODY COMPLETE Dimitri Koltyrin	19:00-20:00 BODYPUMP Melanie Schwalm	19:00-20:30 YOGA & MEDITATION Kathrin Seiler		
19:30 - 20:00					19:30-20:30 YOGA Doreen Stolle		
20:00 - 20:30		20:00-20:30 STRETCHING					
20:30 - 21:00		20:00-21:00 YOGA Katha Kuban			20:00-21:00 LESMILLS CORE Melanie Döbele		