# KURSPLAN STUDIO B54

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---|---|---|---|---|---|---|
| 09.00-10.00<br>Fit in die Woche<br>Uta | 09.00-09.45<br>Funktionelle<br>Gymnastik<br>Suad | 09.00-09.45<br>Aqua-Fitness<br>Suad | 09.00-09.45<br>Funktionelle<br>Gymnastik<br>Suad | 09.00-09.45<br>Aqua-Fitness<br>Monika / Sascha | | 10.00-10.50<br>Full Body Workout<br>Regina<br>(zweiwöchig) |
| 10.15-11.15<br>Yoga sanft<br>Uta | 10.00-10.45<br>Aqua-Fitness<br>Suad | 10.00-10.45<br>Aqua-Fitness<br>Suad | 10.00-10.45<br>Aqua-Fitness<br>Suad | 10.00-10.45<br>Aqua-Fitness<br>Monika / Sascha | | Indoor- Cycling<br>Special<br>(siehe technogym App) |
| 15.00-18.00<br>Kinderschwimmen | 10.00-11.00<br>Cycling basic<br>Uwe | 10:00-10:50<br>Yoga Balance für Senioren<br>Uta | 15.30-16.25<br>Pilates<br>Indra | | | |
| 16.45-17:55<br>Yoga<br>Uta | 17.10-18.00<br>Bodyforming<br>Regina | 16.00-18.00<br>Kinderschwimmen | 15.00-18.00<br>Kinderschwimmen | 17.00-18.15<br>Athletic-<br>Performance<br>Pingpank | | |
| 18.00-18.45<br>Core-Performance<br>Suad | 18.00-18.50<br>Yoga Fusion<br>Uta<br>(zweiwöchig) | 17.10-17.50<br>Flex & Mobility<br>Sascha | 16.30-17.45<br>Yoga<br>Indra | 18.20-19.30<br>Wellness-Aufguss<br>Dirk | | |
| 19.00-20.00<br>Indoor-Cycling<br>Ralf / Uwe / Kersten | 18.00-18.50<br>Mobility & Relax<br>Indra<br>(zweiwöchig) | 18.00-18.45<br>Aqua-Power<br>Sascha | 18.00-18.50<br>Pump & Shape<br>Regina | | | |
| 19.00-20.15<br>Wellness-Aufguss<br>Dirk | 19.00-20.00<br>ZUMBA®<br>Marina | 18.50-19:30<br>Core Perfomance<br>Sascha | 19.00-20.00<br>Indoor-Cycling<br>Ralf / Uwe / Kersten | | | |
| 19.00-19.45<br>Aqua-Power<br>Suad | | | 20.10-21.25<br>Yoga<br>Esther | | | |