























KURSPLAN – GROUPFITNESS & KAMPFSPORT

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00 – 10:45 FUNCTIONAL TRAINING Functional Ebene Team	10:00 – 11:00  Yoga Claudia	09:30 – 10:30  Funktionelles Toning Patrizia	09:30 – 10:15 FUNCTIONAL TRAINING Functional Ebene Team		10:00 – 11:00  Yoga Kathi	
		10:30 – 11:00 BLACKROLL Faszientraining (Functional) Team			11:00 – 12:00  Functionaltraining Kids Sisley/Sascha	
12:15 – 12:45  HIIT Cycling (Galerie) Kathi	12:15 – 13:00  Langhantel Workout Kathi	12:15 – 13:00 FUNCTIONAL TRAINING Functional Ebene Team	12:15 – 12:45  HIIT Kraft Kathi	12:15 – 13:00  Langhantel Workout Seyram	11:00 – 12:15 OPEN MAT Kampfsport (Dojo) Alle	11:00 – 12:00 LM TONE™ Fatburner Kathi
			12:45 – 13:00 BLACKROLL Faszientraining (Functional) Kathi		12:30 – 13:30  Functional Training Sisley/Sascha	
18:15 – 19:30 CYCLING Indoor Cycling (Galerie) Markus/Heike	17:30 – 18:25 MUAY THAI KIDS Kampfsport (Dojo) Mirko		18:00 – 19:00  Yoga Kathi	17:30 – 18:25 MUAY THAI KIDS Kampfsport (Dojo) Mirko		17:00 – 18:00  Langhantel Workout Team
18:30 – 19:30 MUAY THAI BASIC Kampfsport (Dojo) Mirko	18:30 – 19:00  HIIT Cycling (Galerie) Julian	18:30 – 19:00  HIIT Kraft Julian	18:30 – 19:30 CROSS WORKOUT Functional Ebene Mirko	18:30 – 19:30 MUAY THAI BASIC Kampfsport (Dojo) Mirko		18:15 – 18:45  HIIT Cycling (Galerie) Julian
18:30 – 19:00  Rumpftraining Fabienne/Kathi	18:30 – 19:30 CROSS WORKOUT Functional Ebene Mirko	19:00 – 20:00 MUAY THAI BASIC Kampfsport (Dojo) Mirko	18:45 – 20:00 CYCLING Indoor Cycling (Galerie) Beat	18:30 – 19:30  Fight Workout Kathi		
19:00 – 19:30  HIIT Kraft Julian	19:00 – 19:30  Rumpftraining Jana	19:00 – 19:30  Rumpftraining Fabienne/Kathi	19:00 – 20:00  Langhantel Workout Ines	19:30 – 20:45 MUAY THAI ADVANCED Kampfsport (Dojo) Mirko		
19:30 – 20:45 MUAY THAI ADVANCED Kampfsport (Dojo) Mirko	19:30 – 20:45 BOXEN Kampfsport (Boxing) Enrico	19:30 – 20:15 LM TONE™ Fatburner Kathi	19:30 – 20:45 BOXEN Kampfsport (Dojo) Enrico			
19:45 – 20:45  Langhantel Workout Ines	19:30 – 20:30  Fight Workout Jana	20:00 – 21:15 MUAY THAI ADVANCED Kampfsport (Dojo) Mirko				
	20:00 – 21:15 MMA Kampfsport (Dojo) Igor		20:00 – 21:15 MMA Kampfsport (Dojo) Igor			Ab 7. Januar 2019

