






## CURES Wellness - GROUP FITNESS - Kursplan 1 IMMUN 2020

| FREITAG, 22. Mai  |  | SAMSTAG, 23. Mai   |   | SONNTAG, 24. Mai   |   |
|---|--|--|---|--|---|
| 09.00 - 09.45 <u>R1</u><br>HATHA YOGA J<br><br>MICHAELA                 | 09.00 - 09.45<br>ZUMBA GOLD J<br>OUTDOOR<br><br>PETRA        | 10.30 - 11.15 <u>R4</u><br>BECKENBODEN +<br>RÜCKEN J<br><br>NINA   | 10.00 - 10.45 <u>R1</u><br>STEP J<br><br>ROSSI                | 10.00 - 10.45<br>YOGA<br>OUTDOOR<br><br>PETRA WIE.   | 10.15 - 11.00 <u>R3</u><br>RUDERN J<br>IMMUN 2020<br><br>AYSE |
| 10.00 - 10.45 <u>R1</u><br>HATHA YOGA J<br><br>MICHAELA                 | 10.15 - 11.00<br>PILATES J<br>OUTDOOR<br><br>ANNETT          | 10.30 - 11.15 <u>R2</u><br>RAD J<br>IMMUN 2020<br><br>ULI  | 11.00 - 11.45 <u>R1</u><br>STEP J<br><br>ROSSI                |  | 11.15 - 12.00<br>RAD J<br>IMMUN 2020<br>OUTDOOR<br>AYSE       |
|   | 10.30-11.15 <u>R2</u><br>RAD J<br>IMMUN 2020<br><br>ISA      | 11.30 - 12.15 <u>R2</u><br>RAD<br>IMMUN 2020<br><br>ULI  | 11.15 - 12.00 <u>R3</u><br>RUDERN<br>IMMUN 2020<br><br>THOMAS | 11.30 - 12.15 <u>R4</u><br> BODYPUMP J<br><br>GIOVANNI               |   |
| 11.30 - 12.15<br>RAD J<br>IMMUN 2020<br>OUTDOOR<br>FRANK                | 11.30 - 12.15 <u>R3</u><br>RUDERN<br>IMMUN 2020<br><br>ISA   |  | 12.00 - 12.45 <u>R1</u><br>Bauch Beine Po J<br><br>ROSSI      | 12.30 - 13.15 <u>R4</u><br>STEP J<br><br>GIOVANNI  | 12.15 - 13.00 <u>R3</u><br>RUDERN J<br>IMMUN 2020<br><br>AYSE |
|   |  |  |   |  |   |
| 17.00 - 17.45<br>KORONARSPORT<br>BALANCE & STRETCH<br>OUTDOOR<br>ANNETT |  | 12.15 - 13.00 <u>R3</u><br>RUDERN<br>IMMUN 2020<br><br>THOMAS  | 12.30 - 13.15 <u>R2</u><br>RAD J<br>IMMUN 2020<br><br>ULI     | 13.30 - 14.00 <u>R4</u><br> BODYPUMP J<br>Technikschulung<br>LAURA | 13.00 - 13.45<br>BODYWORK<br>OUTDOOR<br><br>MIRJAM            |
| 18.00 - 18.45 <u>R4</u><br>ZUMBA J<br><br>PETRA                         | 18.00 - 18.45 <u>R3</u><br>RUDERN<br>IMMUN 2020<br><br>FRANK | 13.00 - 13.45 <u>R4</u><br>RÜCKEN +<br>FASZIEN J<br><br>BURAK  |   | 14.00 - 14.45 <u>R4</u><br> BODYPUMP J<br><br>LAURA                |   |
| 18.30 - 19.15<br>YIN YANG YOGA<br>OUTDOOR<br>ANNETT                     | 18.15 - 19.00 <u>R2</u><br>RAD J<br>IMMUN 2020<br><br>THOMAS | 14.00 - 14.45 <u>R4</u><br>RÜCKEN +<br>FASZIEN J<br><br>BURAK  |   | 14.00 - 14.45<br>RAD J<br>IMMUN 2020<br>OUTDOOR<br>MIRJAM  |   |
| 19.00 - 19.45 <u>R4</u><br>ZUMBA J<br><br>PETRA                         | 19.00 - 19.45 <u>R3</u><br>RUDERN<br>IMMUN 2020<br><br>FRANK | 15.00 - 15.45 <u>R4</u><br> BODYPUMP J<br><br>VIRPI |   | 15.00 - 15.45 <u>R3</u><br>RUDERN J<br>IMMUN 2020<br><br>MIRJAM  |   |
| 19.15 - 20.00 <u>R2</u><br>RAD J<br>IMMUN 2020<br><br>THOMAS            |  | 16.00 - 16.45 <u>R4</u><br> BODYPUMP J<br><br>VIRPI |   |  |   |

J = Für Jeden

Änderungen vorbehalten!

R1=Raum im EG neben Kinderland  
R2=Radraum l.hinter d. Rezeption  
R3=Ruderraum r.hinter d. Rezeption  
R4=Raum im 1. OG



Anmelden über die my wellness App oder  
telefonisch unter 06074-8511165 !