

# WOCHENENDKURSE Sportmühle

## Oktober

So. 01.10.	Die. 03.10.	Sa. 07.10.	So. 08.10.	Sa. 14.10.	So. 15.10.	Sa. 21.10.	So. 22.10.	Sa. 28.10.	So. 29.10.	Die. 31.10.
11.00-12.00 SpinCycling All Terrain Hansi	11.00-12.30 deepWork/ Stretch Gym 3 Sarah	10.00-11.00 Bokwa/ Masterclass Gym 3 Sabine/Jason	11.00-12.00 SpinCycling Intervall Hansi	15.00-16.00 deepWork Gym 1 André	11.00-12.00 SpinCycling Strength Hansi	11.00-12.00 Workout Gym 1 Frauke	11.00-12.00 SpinCycling All Terrain Hansi	15.00-16.00 Power- Workout Gym 1 Moris	10.00-11.00 Bodypump Gym 1 Tina	13.00-14.00 Zumba Gym 3 Sabrina
12.00-13.00 SpinCycling Fatburner Hansi	13.00-14.00 SpinCycling Sarah	16.00-17.00 Zumba Gym 3 Sabine	12.00-13.00 SpinCycling Endurance Hansi	16.00-17.00 Bokwa Gym 1 André	12.00-13.00 SpinCycling Intervall Hansi	12.00-13.00 Pilates Gym 1 Frauke	12.00-13.00 SpinCycling Strength Hansi	16.00-17.30 Lyrical Jazz Gym 1 Moris	11.15-12.15 SpinCycling All Terrain Tina	14.00-15.00 Workout Gym 1 Isabel
11.15-12.45 Vinyasa Yoga Gym 1 Paula		17.00-18.00 Stretch & Relax Gym 3 Sabine	11.00-12.00 Workout Gym 1 Sonja		11.15-12.45 Kundalini- Yoga Gym 1 Gudrun		11.15-12.45 Yoga mit Klangschalen Gym 2 Candida		11.15-12.45 Kundalini- Yoga Gym 1 Gudrun	15.00-16.00 Stretch/ Rücken Gym 1 Isabel
11.00-12.30 Jazz Dance Gym 3 Carlo			12.00-13.00 Pilates Gym 1 Sonja		11.00-12.30 Jazz Dance Gym 3 Carlo		11.00-12.30 Jazz Dance Gym 3 Carlo		11.00-12.30 Jazz Dance Gym 1 Carlo	
13.00-14.00 Easy Dance Gym 1 Isabel			11.00-12.30 Jazz Dance Gym 2 Carlo		13.00-14.00 Strong by Zumba Gym 3 Aylin		13.00-14.00 Zumba Gym 3 Sonja		13.00-14.00 Strong by Zumba Gym 3 Aylin	
14.00-15.00 Workout Gym 1 Isabel			13.00-15.00 BOKWA SPECIAL* Gym 3 Sabine/Jason		14.00-15.00 Zumba Gym 3 Aylin		14.00-15.00 Workout/ Circuit Gym 3 Sonja		14.00-15.00 Zumba Gym 3 Aylin	

