

# Stundenplan November 2020

## Montag

| Beginn | Ende  | Raum        | Kurs                    |
|--------|-------|-------------|-------------------------|
| 9:00   | 10:00 | Out-/Indoor | Dance Aerobic           |
| 10:10  | 11:10 | Out-/Indoor | Bauch Beine Po          |
| 11:20  | 12:20 | Out-/Indoor | Step Fortgeschritten    |
| 16:15  | 17:15 | Out-/Indoor | Easy Step Workout       |
| 17:30  | 18:15 | Indoor      | ***Jumping Fitness Slow |
| 17:30  | 18:15 | Out-/Indoor | Slow Functional         |
| 18:30  | 19:30 | Out-/Indoor | XCO Workout             |
| 18:45  | 19:30 | Indoor      | TABATA Core <b>NEW</b>  |
| 19:30  | 20:15 | Indoor      | ***Jumping Fitness      |
| 19:40  | 20:40 | Indoor      | POWER Circle            |
| 20:30  | 21:30 | Indoor      | Langhantel-Training     |

## Dienstag

| Beginn | Ende  | Raum        | Kurs                              |
|--------|-------|-------------|-----------------------------------|
| 8:30   | 9:30  | Out-/Indoor | Wirbelsäule & Faszientraining     |
| 9:40   | 10:40 | Out-/Indoor | Fatburner                         |
| 10:50  | 11:50 | Out-/Indoor | Step Fortgeschritten              |
| 15:50  | 16:50 | Out-/Indoor | Fatburner                         |
| 17:00  | 18:00 | Out-/Indoor | deepWork meets Pilates <b>NEW</b> |
| 17:30  | 18:30 | Indoor      | Yoga im Kleingruppentraining      |
| 18:10  | 19:10 | Out-/Indoor | Bodyforming                       |
| 19:00  | 20:00 | Out-/Indoor | Cycling                           |
| 19:20  | 20:10 | Out-/Indoor | Wirbel & Balance meets Pilates    |
| 20:20  | 21:00 | Indoor      | Fatkiller                         |

## Mittwoch

| Beginn | Ende  | Raum        | Kurs                       |
|--------|-------|-------------|----------------------------|
| 8:50   | 9:50  | Out-/Indoor | Fatkiller Step             |
| 10:00  | 11:00 | Out-/Indoor | Bodystyling                |
| 11:10  | 12:10 | Out-/Indoor | Step Fortgeschritten       |
| 14:30  | 15:30 | Indoor      | Baby-Mama-Kurs <b>NEW</b>  |
| 16:00  | 17:00 | Out-/Indoor | Bewegter Rücken <b>NEW</b> |
| 17:00  | 17:50 | Indoor      | Langhantel-Training        |
| 18:00  | 19:00 | Out-/Indoor | Fun Step                   |
| 18:00  | 19:00 | Out-/Indoor | Yoga Elements <b>NEW</b>   |
| 19:00  | 20:00 | Indoor      | Zumba                      |
| 19:15  | 20:15 | Out-/Indoor | Indoor Cycling <b>NEW</b>  |
| 20:15  | 21:00 | Indoor      | ***Jumping Fitness         |

## Donnerstag

| Beginn | Ende  | Raum        | Kurs                    |
|--------|-------|-------------|-------------------------|
| 8:30   | 9:30  | Out-/Indoor | Pilates                 |
| 9:30   | 10:30 | Indoor      | Cycling                 |
| 9:40   | 10:40 | Indoor      | ***Jumping Fitness Slow |
| 10:40  | 11:40 | Out-/Indoor | Step Fortgeschritten    |
| 12:30  | 13:30 | Out-/Indoor | Yoga für alle           |
| 16:50  | 17:50 | Out-/Indoor | XCO meets Bauch         |
| 18:00  | 19:00 | Out-/Indoor | Yoga Flow               |
| 18:10  | 18:35 | Out-/Indoor | MINI Band Workout       |
| 18:45  | 19:30 | Out-/Indoor | Cardio meets Tabata     |
| 19:40  | 21:00 | Out-/Indoor | Bodystyling             |

## Freitag

| Beginn | Ende  | Raum        | Kurs                                       |
|--------|-------|-------------|--|
| 8:30   | 9:30  | Out-/Indoor | Bauch Beine Po                             |
| 9:40   | 10:40 | Out-/Indoor | Step & Style                               |
| 10:50  | 11:50 | Out-/Indoor | Step Fortgeschritten                       |
| 15:00  | 15:45 | Indoor      | ***Jumping KIDS (5-9 Jahre) ab 11.09.2020  |
| 16:00  | 16:45 | Indoor      | ***Jumping TEENS (10-14 Jahre) ab 11.09.20 |
| 16:00  | 16:45 | Out-/Indoor | smovey Workout                             |
| 17:00  | 18:00 | Out-/Indoor | Feel Good Dance                            |
| 17:15  | 18:15 | Out-/Indoor | ***Hormon Yoga <b>NEW</b>                  |
| 18:10  | 18:40 | Out-/Indoor | HOOLA HOOP                                 |

## Samstag

| Beginn | Ende  | Raum        | Kurs                   |
|--------|-------|-------------|------------------------|
| 9:00   | 10:00 | Out-/Indoor | Step4All               |
| 10:10  | 10:50 | Out-/Indoor | Rücken fit + Bauch pur |
| 11:00  | 12:00 | Out-/Indoor | Functional Workout     |

## Sonntag

| Beginn | Ende  | Raum        | Kurs         |
|--------|-------|-------------|--------------|
| 9:30   | 10:30 | Out-/Indoor | Cycling      |
| 10:40  | 11:40 | Out-/Indoor | Step Workout |

Die Kurse die mit "Out-/Indoor" finden auf unseren Outdoorbühnen statt, sollte es regnen finden die Kurse in unseren Kursräumen statt. Bitte kleidet euch für die Outdoor Kurse entsprechend.

\*\*\*Anmeldung erforderlich und es fallen Zusatzkosten an.  
Bitte meldet euch für die Jumping Fitness Kurse ausschließlich bei Sophie unter 01728959773.

Der Kursplan ist gültig ab 01.10.2020 - 31.10.2020.  
Änderungen für die darauffolgenden Monate vorbehalten.  
Mit der Teilnahme an den Kursen akzeptierst du die gesetzlichen Vorgaben sowie das Hygiene- und Sicherheitskonzept des A4PlusKursstudios.