

# NEUES KURSPROGRAMM AB 10 | 01 | 22

Kursprogramm Olympia Fitness							OLYMPIA FITNESSGROUP
Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
	bodyworkout 09.00 - 10.00 h Tanja		Sunrise Yoga 7.15 - 8.15 h Toni Nemeth	Tabatatraining 09.00 - 10.00 h Katharina			
Faszientraining 09.15 - 10.00 h Toni Nemeth	Yoga 10.00 - 11.00 h Dagmar	bodyART 09.00 - 10.00 h Toni Nemeth	Functional Workout 09.00 - 10.00 h Marco	Spinning 10.00 - 11.00 h Katharina		Body & Mind 10.00 - 11.00 h Jürgen	
					N.Y. Boxercise 15.30 - 16.30 h	Spinning 11.00 - 12.00 h Birgit	
TRX 17.15 - 18.00h Tanja Biersack	funktionelles Training (Rehasport) 16.00 - 17.00h Elke N.		funktionelles Training (Rehasport) 16.00 - 17.00h Elke N.		Spinning 16.30 - 17.30 h Erik		
Spinning 18.00 - 19.00 h Tanja	Deep Work 18.00 - 19.00 h Toni Nemeth	Tabata Mix 18.00 - 19.00 h Katharina	Functional Bodyworx 18.00 - 19.00 h Achim	Pilates 17.30 - 18.30 h Anke			
Functional Workout 19.00 - 20.00 h Georg	Hot Iron 19.00 - 20.00 h Jürgen M.	Spinning 19.15 - 20.15 h Jürgen P.	bodyART 19.00 - 20.00 h Nadine Mangold	Zumba 18.30 - 19.30 h Julia			
bodyART Training 20.20 - 21.20 h Toni/Anke	Step Basic & Work 20.00 - 21.00 h Tanja B.			Spinning 19.30 - 20.30 h Stefan			

Kursprogramm FTZ							FTZ Fitness- & Therapie - Zentrum im Bad Blau GmbH
Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
Rehasport 8.15 - 9.00 h		Rehasport 8.15 - 9.00 h	WSG 9.00 - 10.00 h Tanja	Rehasport 8.15 - 9.00 h			
Rehasport 11.00 - 11.45 h	WSG 9.00 - 10.00 h Johanna	Rehasport 11.00 - 11.45 h		Rehasport 11.00 - 11.45 h			
Aqua Rehasport 13.30 - 14.00 h Tanja Biersack	Lungen Rehasport 14.30 - 15.30 h Menrad - Barczok					Hot Iron 11.15 - 12.15 h Jürgen	
		Aqua Rehasport 13.30 - 14.00 h Elke Bannert		Rehasport 16.15 - 17.00 h	Zumba 14.00 - 15.00 h Adrian		
Rehasport 16.15 - 17.00 h	Fit Mix 18.00 - 19.00 h Katharina	Rehasport 16.15 - 17.00 h Elke N.	Tabata Mix 18.00 - 19.00 h Katharina	DeepWork 18.00 - 19.00 h Toni			
	Zumba 19.00 - 20.00 h Adrian	Step Workout 18.00 - 19.00 h Georg	Faszien Yoga 19.00 - 20.00 h Elke	bodyART myofascial 19.00 - 20.00 h Toni			
Functional Workout 18.15 - 19.15 h Marco	Aqua Rehasport 18.45 - 19.15 h Tanja Biersack	Body & Mind 19.00 - 20.00 h Elke		<b>FÜR ALLE KURSE GILT DIE ANMELDEPFLICHT!</b>			
WSG 19.15 - 20.15 h Tanja		Yoga 20.00 - 21.30 h Carola					