

# DEIN KURSPLAN

## MONTAG

TRAINER	STUDIO
715 Good Morning Spinning™ (Strength) 60'	Rob ④
800 Kundalini Yoga 60'	Kim ②
815 Compl. Body Workout 60'	Heidi ①
900 Kinderbetreuung bis 1300	KB
915 Bauch, Beine, Po 45'	Heidi ①
930 Power Yoga 90'	Matthias G. ②
930 Mother & Child II (Yogalates) 60'	Janina ⑥
1000 Compl. Body Workout 60'	Marc ③
1045 Mother/Father & Child III (Workout) 60'	Janina ⑥
1100 Compl. Body Workout 60'	Justyna ①
1100 Yoga für werdende Mütter 60'	Jana ③
1115 Rückengymnastik 75'	Anna ②
1230 Yogalates 60'	Anna ②
1530 Kinderbetreuung bis 1800	KB
1530 Natural Moves 75'	Hans ②
1530 Seeräuber I (Aufpreis) 45' **	Frank 🏊
1615 Seeräuber II (Aufpreis) 45' **	Frank 🏊
1645 Pilates 60'	Hans ②
1645 Bauch, Beine, Po 45'	Nina ③
1715 Athletic Workout 60'	Philippe ⑤
1730 Kickbox Workout 60'	Richi ①
1730 Compl. Body Workout 60'	Nina ③
1730 Disco Spinning™ (Intervall) 60'	Lisa ④
1730 Zumba 60'	Natalia ⑥
1745 Intensive Yoga 75'	Hans ②
1800 Bauch Power 30'	Shari ⑦
1815 IRON CROSS® 60'	Philippe ⑤
1830 deepWORK® 60'	Lisa ①
1830 Compl. Body Workout 60'	Shari ③
1830 Fusion 45' (Spinning + Workout)	Matthias S./Tim ④
1830 Step Advanced 60'	Yvonne ⑥
1900 Dance 60'	Peter ⑦
1915 Athletic Workout 60'	Marcel ⑤
1930 Compl. Body Workout 45'	Eileen ①
1930 Bauch, Beine, Po 45'	Petra O. ②
1930 Bauch, Beine, Po 45'	Yvonne ③
1930 Spinning™ (Intervall) 60'	Matthias S. ④
1930 Rückengymnastik 45'	Margit ⑥
1930 Schwimmkurs (Aufpreis) 60'	Frank 🏊
2015 Compl. Body Workout 60'	Marcel ①
2015 Rückengymnastik 45'	Petra O. ②
2015 Power Yoga 75'	Jessi ③
2015 Bauch, Beine, Po 45'	Margit ⑥
2015 Hatha Yoga Sivananda Style 75'	Raja ⑦
2030 Schwimmkurs (Aufpreis) 60'	Frank 🏊
2100 Stretch & Relax 45'	Petra O. ②

## DIENSTAG

TRAINER	STUDIO
700 Athletic Workout 60'	Justyna ⑤
715 Good Morning Yoga 75'	Oliver ①
800 Kundalini Yoga 60'	Kim ②
800 Compl. Body Workout 60'	Franziska ③
900 Kinderbetreuung bis 1300	KB
900 Bauch, Beine, Po 45'	Franziska ③
930 Mother & Child II (Stability) 60'	Inga ⑥
945 NIA 75'	Ann ①
1000 Rückengymnastik 45'	Katrin B. ②
1045 Rückbildungsgym./M&C I 60'	Inga ⑥
1100 Power Yoga 75'	Matthias ②
1100 Spinning™ (low) 60'	Katrin B. ④
1215 Pilates 60'	Matthias ②
1530 Kinderbetreuung bis 1800	KB
1600 Compl. Body Workout 45'	Adam ③
1700 Hot Iron® I 60'	Matthias S. ③
1700 Rückengymnastik 60'	Adam ⑥
1715 Tae Bo 60'	Richi ①
1715 Yoga für werdende Mütter 60'	Bettina ⑦
1730 Spinning™ (Endurance) 60'	Sorja ④
1745 Power Yoga 75'	Matthias G. ②
1745 Athletic Workout 60'	Danny ⑤
1800 Compl. Body Workout 45'	Haike ③
1800 Pilates 60'	Adam ⑥
1800 Piraten (Aufpreis) 60' **	Frank 🏊
1815 Box Workout 60'	Richi ①
1830 Spinning™ (Intervall) 60'	Ruth ④
1830 Yoga für werdende Mütter 60'	Bettina ⑦
1830 Outdoor Fusion 75'	Mello REZI
1845 Compl. Body Workout 45'	Stephan ③
1900 Pilates 60'	Danny ②
1900 Mobility 60'	Marcel ⑤
1900 Meditation 30'	Matthias G. ⑥
1900 Schwimmkurs (Aufpreis) 60'	Frank 🏊
1915 Rücken Power 60'	Philippe ①
1930 Compl. Body Workout 60'	Marco ③
1930 Fusion 45' (Spinning + Workout)	Ruth ④
1930 Bauch, Beine, Po 45'	Stephan ⑥
1930 I♥Dance 75'	Jamel ⑦
2000 Yin Yoga 75'	Karo ②
2000 Athletic Workout 60'	Danny ⑤
2000 Schwimmkurs (Aufpreis) 60'	Frank 🏊
2015 BodyPUMP™ 60'	Regina ①
2015 Compl. Body Workout 45'	Philippe ⑥
2030 Bauch Power 30'	Marco ③
2100 Tae Bo 60'	Marco ③
2100 Schwimmen	Tri-Team 🏊
2115 Poledance 75'	Kathi ①

## MITTWOCH

TRAINER	STUDIO
700 Good Morning Yoga 75'	Kathrin ②
700 Zirkeltraining 60'	Charly ⑤
800 Compl. Body Workout 60'	Fenja ③
900 Kinderbetreuung bis 1300	KB
900 Bauch, Beine, Po 45'	Fenja ③
900 Mother/Father & Child III (Workout) 60'	Janina ⑥
1000 Yoga für werdende Mütter 60'	Bettina ②
1000 Mother/Father & Child II (Yogalates) 60'	Janina ⑥
1030 Compl. Body Workout 60'	Hülya ③
1045 Walking 60'	Anna REZI
1115 Flow Yoga 75'	Rania ②
1115 Rückbildungsyoga/M&C I 60'	Bettina ⑥
1200 Funktionelle Gymnastik 60'	Anna ①
1300 Aktive Entspannung 45'	Anna ②
1530 Kinderbetreuung (3-6 J.) bis 1800	KB
1545 Compl. Body Workout 45'	Janina ③
1600 Natural Moves 75'	Hans ②
1600 Kinderballett I (4-5 J.) 60'	Yasmin C. ⑦
1630 Yogalates 60'	Janina ③
1630 Bauch, Beine, Po 45'	Güldane ⑥
1700 Kinderballett II (6-7 J.) 60'	Yasmin C. ⑦
1715 Compl. Body Workout 45'	Eva ①
1715 Rückengymnastik 45'	Güldane ②
1730 deepWORK® 60'	Philippe ③
1730 Yoga für den Rücken 60'	Thomas ⑥
1800 Step (Mittelstufe) 45'	Eva ①
1800 NIA 60'	Ann ②
1800 Power Toning 45'	Coco ⑤
1800 Bauch Power 30'	Güldane ⑦
1800 Aqua Power 45'	Jan 🏊
1815 Spinning™ (Intervall) 60'	Ruth ④
1830 HOT IRON® 2 60'	Philippe ③
1830 Therapeutischer Yoga(weg) 60'	Thomas ⑥
1830 Yoga Basics 60'	Uta ⑦
1845 Compl. Body Workout 60'	Coco ①
1900 Power Yoga 75'	Franziska ②
1900 Athletic Workout 60'	Justyna ⑤
1900 Aqua Kick Box 45'	Jan 🏊
1930 Zumba® 60'	Marc ③
1930 Spinning™ (Strength) 60'	Matthias S. ④
1930 Männeryoga 60'	Thomas ⑥
1930 Dance 60'	Nicole ⑦
1945 Pilates 60'	Uta ①
2000 Split Workout (Unterkörper) 30'	Eva ⑤
2015 Power Yoga 75'	Karo ②
2030 Compl. Body Workout 45'	Nicole ③
2030 Split Workout (Oberkörper) 30'	Eva ⑤
2130 Kundalini Yoga 60'	Kim ①

## DONNERSTAG

TRAINER	STUDIO
715 Spinning™ (Endurance) 60'	Adde ④
745 Power Yoga 75'	Karo ②
800 Compl. Body Workout 60'	Philippe ③
900 Kinderbetreuung bis 1300	KB
900 deepWORK® 60'	Philippe ③
930 Compl. Body Workout 60'	Susi ①
930 Pilates 60'	Margret ②
930 Pilates nach Rückbildung 60' ***	Viola ⑥
1030 Compl. Body Workout 60'	Margret ③
1045 Rückbildungsgym./M&C I 60'	Viola ⑥
1130 Rückengymnastik 60'	Margret ②
1715 Bauch Beine Po 45'	Marc ①
1730 About Yoga 15'	Gabi ②
1745 Flow Yoga 75'	Gabi ②
1745 Pilates 60'	Matthias G. ⑥
1800 Box Workout 60'	Michele ①
1800 Compl. Body Workout 45'	Kevin ③
1800 Athletic Workout 60'	Danny ⑤
1800 Yoga für werdende Mütter 60'	Anje ⑦
1800 Piraten (Aufpreis) 60' **	Frank 🏊
1815 Spinning™ (Intervall) 60'	Tim ④
1830 Laufen (Outdoor) 75'	Sven REZI
1845 Yoga Basics 60'	Matthias G. ③
1900 Super Sweat 45'	Kevin ①
1900 Rückengymnastik 45'	Petra O. ②
1900 Dance 60'	Danny ⑥
1900 Schwimmkurs (Aufpreis) 60'	Frank 🏊
1915 Mobility 60'	Michele ⑤
1915 Bauch Power 30'	Sandra ⑦
1930 Spinning™ (XL) 75'	Philipp/Katrin ④
1945 Stretch & Relax 45'	Petra O. ②
1945 Compl. Body Workout 45'	Sandra ③
2000 Intensive Yoga 75'	Santiago ①
2000 Schwimmkurs (Aufpreis) 60'	Frank 🏊
2030 Yin Yoga 75'	Uta ②
2030 Tae Bo 60'	Sandra ①
2100 Schwimmen	Tri-Team 🏊
2115 Poledance 75'	Estella ①

## FREITAG

TRAINER	STUDIO
715 Good Morning Yoga 75'	Santiago ②
715 Fusion 45' (Spinning + Workout)	Fenja/Lisa ④
800 Compl. Body Workout 60'	Fenja/Lisa ①
900 Kinderbetreuung bis 1300	KB
900 NIA 60'	Ann ①
900 Yogalates 60'	Karo ②
930 Mother/Father & Child III (Workout) 60'	Janina ⑥
1000 Power Yoga 75'	Karo ②
1000 Compl. Body Workout 60'	Susi ③
1015 Spinning™ (low) 60'	Matthias S. ④
1045 Mother & Child II (Pilates) 60'	Janina ⑥
1100 Bauch, Beine, Po 45'	Susi ③
1130 Zumba® 60'	Rico ①
1130 Rückengymnastik 60'	Matthias S. ②
1500 Compl. Body Workout 45'	Heidi ③
1545 Air Yoga® 90'	Simon ①
1545 Pilates 60'	Heidi ②
1630 Power Toning (Langhantel) 60'	Coco/Marcel ③
1730 BodyPUMP™ 60'	Regina ①
1730 Rückengymnastik 60'	Manuela ②
1730 deepWORK® 60'	Coco/Marcel ③
1730 Spinning™ (Intervall low) 60'	Susi ④
1730 Bauch, Beine, Po 45'	Steff ⑥
1800 Athletic Workout 60'	Seyit ⑤
1800 Aqua Power 45'	Jan 🏊
1830 Kickbox Workout 75'	Marco ①
1830 Compl. Body Workout 60'	Steff ③
1830 Spinning™ (Intervall high) 60'	Susi ④
1830 Step 60'	Manuela ⑦
1900 Intensive Yoga 90'	Martin ②
1900 Aqua Kick Box 45'	Jan 🏊
1930 Zumba® 60'	Rico ③
1930 Step Advanced 60'	Eva ⑦
1945 Compl. Body Workout 45'	Marco ①
1945 Feldenkrais 60'	Kathryn ⑥

## SAMSTAG

TRAINER	STUDIO
815 Good Morning Yoga 75'	Oliver ②
830 Compl. Body Workout 60'	Marcel ①
930 Compl. Body Workout 60'	Marcel ①
945 Flow Yoga 75'	Oliver ②
1030 Compl. Body Workout 60'	Marc ①
1030 Tae Bo Intro 60'	Tri-Team* ③
1030 Spinning™ (Intervall) 60'	Katharina ④
1130 Bauch, Beine, Po 45'	Marc ①
1130 Tae Bo 60'	Marco ③
1145 Fusion (Spinning + Workout) 45'	Hülya ④
1230 Ballett Workout 90'	Christelle ①
1245 BodyPUMP™ 60'	Hülya ③
1300 Pilates 75'	Marco N. ②
1400 Air Yoga® 90'	Uta ①
1400 deepWORK® 60'	Kathrin P. ③
1500 Rückengymnastik 45'	Manuela ⑥
1530 Air Yoga® Basic 60'	Uta ①
1530 Hatha Yoga Sivananda Style 75'	Raja ②
1545 Bauch, Beine, Po 45'	Süley ③
1545 Pilates 60'	Manuela ⑥
1630 Compl. Body Workout 60'	Süley ③
1645 Intensive Yoga 90'	Martin ②
1700 Yoga Nidra 60'	Raja ⑦
1730 Zumba® 60'	Marc ③
1800 NIA Celebrate your Spirit 60'	Ann ①
1915 Gong Meditation 75'	Jens ①

## SONNTAG

TRAINER	STUDIO
830 Compl. Body Workout 60'	Maja ③
915 Power Yoga 75'	Kathrin ②
930 Compl. Body Workout 60'	Maja ③
945 Kinderbetreuung (3-6 J.) bis 1300	KB
1000 NIA 75'	Ann ①
1030 Yogalates 60'	Kathrin ②
1030 Pilates 60'	Susan ③
1030 Bauch, Beine, Po 45'	Anna-Lena ⑥
1115 Compl. Body Workout 60'	Anna-Lena ①
1130 Rückengymnastik 60'	Susan ②
1130 Compl. Body Workout 60'	Susi ③
1215 aeroSling® Workout 75'	Charly/Ludo/Tino ①
1230 Bauch, Beine, Po 45'	Susi ③
1330 Step 60'	Felix ①
1330 Yoga Basics 75'	Thomas ②
1330 deepWORK® 60'	Susi ③
1400 Spinning™ (Intervall) 60'	Christian ④
1430 Compl. Body Workout 60'	Felix ①
1430 HOT IRON® I 60'	Matthias S. ③
1500 Intensive Yoga 90'	Thomas ②
1545 BodyPUMP™ 60'	Iveta ①
1545 Bauch Power 30'	Marco ③
1615 Super Sweat 45'	Marco ③
1630 Pilates 60'	Marco N. ②
1700 Zumba® 60'	Süley ①
1700 Compl. Body Workout 60'	Sandra ③
1700 Spinning™ (XL) 90'	Philipp ④
1700 Breakletics 60'	Hongy ⑦
1730 Rückengymnastik 60'	Marco N. ②
1730 Yoga Basic 75'	Nora E. ⑥
1800 Compl. Body Workout 60'	Süley ①
1800 Tae Bo 60'	Sandra ③
1830 Spinning™ (Strength) 60'	Philipp ④
1900 Tai Chi 75'	Ralf ⑥
1915 Kundalini Yoga 75'	Kim ②

### STUDIO-LAGEPLAN

FÜR DIE DURCHFÜHRUNG VON KURSEN DURCH BESTIMMTE TRAINER/INNEN BESTEHT KEINE GEWÄHR.

KURSGEHÄLT UND -ZEITEN KÖNNEN SICH ÄNDERN.

## KAIFU LODGE

OFFICIAL PARTNER