























# KURSPLAN – GROUPFITNESS & KAMPFSPORT

| Montag  | Dienstag   | Mittwoch  | Donnerstag  | Freitag  | Samstag   | Sonntag  |
|---|--|---|---|--|---|--|
| 10:00 – 10:45<br><b>FUNCTIONAL TRAINING</b><br>Functional Ebene<br>Simon  | 10:00 – 11:00<br><br>Yoga<br>Claudia                  | 09:30 – 10:30<br><br>Funktionelles Toning<br>Patrizia  | 09:30 – 10:15<br><b>FUNCTIONAL TRAINING</b><br>Functional Ebene<br>Team   |  | 10:00 – 11:00<br><br>Yoga<br>Kathi                     |  |
|   |  | 10:30 – 11:00<br><b>BLACKROLL</b><br>Faszientraining (Functional)<br>Simon  |   |  | 11:00 – 12:00<br><br>Functionaltraining Kids<br>Sisley |  |
| 12:15 – 12:45<br><br>HIIT Cycling (Galerie)<br>Kathi | 12:15 – 13:00<br><br>Langhantel Workout<br>Kathi      | 12:15 – 13:00<br><b>FUNCTIONAL TRAINING</b><br>Functional Ebene<br>Simon  | 12:15 – 12:45<br><br>HIIT Kraft<br>Kathi          | 12:15 – 13:00<br><br>Langhantel Workout<br>Seyram | 11:00 – 12:15<br><b>OPEN MAT</b><br>Kampfsport (Dojo)<br>Alle   | 11:00 – 12:00<br><b>LM TONE™</b><br>Fatburner<br>Kathi   |
|   |  |   | 12:45 – 13:00<br><b>BLACKROLL</b><br>Faszientraining (Functional)<br>Kathi  |  | 12:30 – 13:30<br><br>Functional Training<br>Sisley     |  |
| 18:15 – 19:30<br><b>CYCLING</b><br>Indoor Cycling (Galerie)<br>Markus/Heike   | 17:30 – 18:25<br><b>MUAY THAI KIDS</b><br>Kampfsport (Dojo)<br>Mirko   |   | 18:00 – 19:00<br><br>Yoga<br>Kathi                | 17:30 – 18:25<br><b>MUAY THAI KIDS</b><br>Kampfsport (Dojo)<br>Mirko   |   | 17:00 – 18:00<br><br>Langhantel Workout<br>Team       |
| 18:30 – 19:30<br><b>MUAY THAI BASIC</b><br>Kampfsport (Dojo)<br>Mirko   | 18:30 – 19:00<br><br>HIIT Cycling (Galerie)<br>Julian | 18:30 – 19:00<br><br>HIIT Kraft<br>Julian              | 18:30 – 19:30<br><b>CROSS WORKOUT</b><br>Functional Ebene<br>Mirko  | 18:30 – 19:30<br><b>MUAY THAI BASIC</b><br>Kampfsport (Dojo)<br>Mirko  |   | 18:15 – 18:45<br><br>HIIT Cycling (Galerie)<br>Julian |
| 18:30 – 19:00<br><br>Rumpftraining<br>Fabienne/Kathi | 18:30 – 19:30<br><b>CROSS WORKOUT</b><br>Functional Ebene<br>Mirko   | 19:00 – 20:00<br><b>MUAY THAI BASIC</b><br>Kampfsport (Dojo)<br>Mirko   | 18:45 – 20:00<br><b>CYCLING</b><br>Indoor Cycling (Galerie)<br>Beat   | 18:30 – 19:30<br><br>Fight Workout<br>Kathi       |   |  |
| 19:00 – 19:30<br><br>HIIT Kraft<br>Julian          | 19:00 – 19:30<br><br>Rumpftraining<br>Jana          | 19:00 – 19:30<br><br>Rumpftraining<br>Fabienne/Kathi | 19:00 – 20:00<br><br>Langhantel Workout<br>Ines | 19:30 – 20:45<br><b>MUAY THAI ADVANCED</b><br>Kampfsport (Dojo)<br>Mirko   |   |  |
| 19:30 – 20:45<br><b>MUAY THAI ADVANCED</b><br>Kampfsport (Dojo)<br>Mirko  | 19:30 – 20:45<br><b>BOXEN</b><br>Kampfsport (Boxing)<br>Enrico   | 19:30 – 20:15<br><b>LM TONE™</b><br>Fatburner<br>Kathi  | 19:30 – 20:45<br><b>BOXEN</b><br>Kampfsport (Dojo)<br>Enrico  |  |   |  |
| 19:45 – 20:45<br><br>Langhantel Workout<br>Ines    | 19:30 – 20:30<br><br>Fight Workout<br>Jana          | 20:00 – 21:15<br><b>MUAY THAI ADVANCED</b><br>Kampfsport (Dojo)<br>Mirko  |   |  |   |  |
|   | 20:00 – 21:15<br><b>MMA</b><br>Kampfsport (Dojo)<br>Igor   |   | 20:00 – 21:15<br><b>MMA</b><br>Kampfsport (Dojo)<br>Igor  |  |   | <b>20. August –<br/>23. Dezember 2018</b>  |

