

19.04., 21.04., 22.04., 01.05 2019

# DEIN OSTER-KURSPLAN

fitness friends

19.04.19

## KARFREITAG

WANN?	WAS?	WER?	WO?
09:30–10:20	Aqua Power	EMF	Pool
10:00–10:50	Pilates	MF	Studio 2
10:00–10:50	Functional Express	MF	Studio 5
10:30–11:30	BODYPUMP™	EMF	Studio 1
11:00–11:25	Flexi-Bar	EMF	Studio 2
11:40–12:40	BODYBALANCE™	EMF	Studio 1
16:00–16:50	Fatburner	EMF	Studio 1
17:00–17:50	Functional Express	EMF	Studio 5
17:00–17:50	Wirbelsäule	EMF	Studio 1
18:00–19:20	Flow Yoga	EMF	Studio 2
19:00–20:20	K1 & Thaiboxen	EMF	Studio 1

21.04.19

## OSTERSONNTAG

WANN?	WAS?	WER?	WO?
09:30–10:30	BODYBALANCE™	EMF	Studio 1
10:00–10:50	Pilates	EMF	Studio 2
10:35–11:35	BODYPUMP™	MF	Studio 1
11:00–11:50	Functional Express	EMF	Studio 5
11:00–11:50	Aqua Power	MF	Pool
11:45–12:45	BODYATTACK™	EMF	Studio 1
17:00–17:50	Functional Express	EMF	Studio 5

E = Einsteiger; M = Mittelstufe; F = Fortgeschrittene

22.04.19

## OSTERMONTAG

WANN?	WAS?	WER?	WO?
09:30–10:30	BODYPUMP™	MF	Studio 1
10:00–10:50	Functional Express	EMF	Studio 5
10:00–10:50	Pilates	MF	Studio 2
10:00–13:00	Indoor Cycling	MF	Cycling
10:40–11:10	GRIT™ ATHLETIC	MF	Studio 1
11:00–11:50	Aqua Power	EMF	Pool
17:00–17:50	Fatburner	EMF	Studio 2
18:00–18:50	Functional Express	EMF	Studio 5
18:00–19:00	BODYATTACK™	EMF	Studio 1
18:00–19:00	Yogalates	EMF	Studio 2
19:10–19:40	CXWORX™	EMF	Studio 1

01.05.19

## TAG DER ARBEIT

WANN?	WAS?	WER?	WO?
10:00–11:00	BODYPUMP™	MF	Studio 1
10:00–11:00	Indoor Cycling	EMF	Cycling
11:00–11:50	Functional Express	EMF	Studio 5
11:10–12:10	BODYBALANCE™	EMF	Studio 1
17:30–18:20	Functional Express	EMF	Studio 5
17:00–17:30	GRIT™ CARDIO	MF	Studio 2
17:40–18:10	GRIT™ STRENGTH	MF	Studio 2
18:00–19:00	BODYPUMP™	MF	Studio 1
18:00–19:20	Hatha Yoga	EMF	Studio 6
18:30–19:20	Aqua Intervall	MF	Pool
19:10–20:10	BODYATTACK™	EMF	Studio1

■ KRÄFTIGUNG

■ AQUA

■ BODY & MIND

■ CHOREOGRAPHIE

■ FUNCTIONAL TRAINING

■ AUSDAUER

19.04., 21.04., 22.04., 01.05 2019

# DEIN OSTER- VIRTUALCYCLINGPLAN

fitness friends

19.04.19

## KARFREITAG

WANN?	WAS?	WER?	WO?
09:30–10:15	THE TRIP™	EMF	Cycling
15:00–15:45	THE TRIP™	EMF	Cycling
19:00–19:30	SPRINT Virtual™	MF	Cycling

22.04.19

## OSTERMONTAG

WANN?	WAS?	WER?	WO?
16:00–16:45	THE TRIP™	EMF	Cycling
19:00–19:45	THE TRIP™	EMF	Cycling

21.04.19

## OSTERSONNTAG

WANN?	WAS?	WER?	WO?
09:30–10:15	THE TRIP™	EMF	Cycling
18:00–18:45	THE TRIP™	EMF	Cycling

01.05.19

## TAG DER ARBEIT

WANN?	WAS?	WER?	WO?
15:00–15:45	THE TRIP™	EMF	Cycling
18:00–18:45	THE TRIP™	EMF	Cycling

E = Einsteiger; M = Mittelstufe; F = Fortgeschrittene