

LOKAHI LOFT Kursplan 25.05.2022 - 23.10.2022

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Vormittags (bis 12:00 Uhr)						
09:00 - 09:55 Pilates Monika - Raum:R1	09:00 - 09:55 Complete Body Workout Frank - Raum:R1	08:00 - 09:00 Morning Yoga @Terrasse wechselnder Lehrer - Raum:TF	08:00 - 09:15 Morning Yoga Sea - Raum:R3	09:00 - 09:55 Wirbelsäulen - Gymnastik Gerit - Raum:R1	09:00 - 09:55 Jumping Fitness Tony - Raum:R1	10:00 - 10:55 Complete Body Workout Yulia - Raum:R1
10:00 - 10:55 Complete Body Workout Monika - Raum:R1	10:00 - 10:55 Choreo Step I-II Frank - Raum:R2	10:00 - 10:55 Complete Body Workout Elena - Raum:R1	09:30 - 10:25 Vital Compact Sea - Raum:R3	10:00 - 10:55 Muskel Funktionstraining Gerit - Raum:R1	10:00 - 10:55 Complete Body Workout Marco - Raum:R1	10:00 - 11:15 Yoga 0-I Bea - Raum:R3
10:00 - 10:55 Dance-Aerobic I-II Yulia - Raum:R2	10:00 - 10:55 Muskel Funktionstraining Gerit - Raum:R1	10:00 - 11:15 Vinyasa Flow I-II Yoga Jost - Raum:R3	10:00 - 10:55 Dance-Aerobic I-II NN - Raum:R1	10:00 - 10:55 Pilates Saifohn - Raum:R3	10:00 - 10:55 Langhantel Workout Lisa - Raum:R2	11:00 - 11:55 Choreo Step II Yulia - Raum:R1
10:00 - 11:15 Yoga I-II Anusheh - Raum:R3	10:00 - 11:15 Yoga I-II Boris - Raum:R3	11:00 - 11:55 Choreo Step II Elena - Raum:R1	11:00 - 11:55 Complete Body Workout NN - Raum:R1	11:00 - 11:55 SPINNING® I-II Gerit - Raum:R2	10:00 - 11:15 Gesünder atmen, Pranayama GÄ%nter - Raum:R3	11:00 - 11:55 SPINNING® I-II Irene - Raum:R2
	11:00 - 11:55 Wirbelsäulen - Gymnastik Frank - Raum:R1			11:00 - 12:15 Yoga I-II Saifohn - Raum:R3	11:00 - 12:30 C. Bodyworkout + Stretch Marco - Raum:R1	11:30 - 12:45 Yoga III Bea - Raum:R3
	11:00 - 11:55 SPINNING® I-II Gerit - Raum:R2				11:30 - 12:45 FeetUp® Yoga Boris - Raum:R3	

Nachmittags (12:00 - 18:00 Uhr)						
17:00 - 17:55 Complete Body Workout Bjoern - Raum:R1	17:00 - 17:55 Choreo Step II Stefano - Raum:R1	17:30 - 18:25 Fun Aerobic I Manfred - Raum:R2	17:00 - 17:55 FaszienVital BLACKROLL® Shaouki - Raum:R2	16:30 - 17:25 Wirbelsäulen - Gymnastik Frank - Raum:R1	12:00 - 12:55 Functional Workout Jann - Raum:TF	12:00 - 12:55 Pilates Yulia - Raum:R1
17:30 - 18:45 Yoga I-II Boris - Raum:R3	17:30 - 18:45 Ashtanga Yoga II Jost - Raum:R3	17:30 - 18:25 Complete Body Workout Marco - Raum:R1	17:30 - 18:45 Yoga I-II Saifohn - Raum:R3	17:00 - 18:15 Vinyasa Yoga II Janine - Raum:R3	14:00 - 15:15 Yoga I-II Carol - Raum:R3	13:30 - 14:10 FaszienVital BLACKROLL® Frank - Raum:R1
				17:30 - 18:00 Relax Frank - Raum:R1		14:15 - 15:10 Wirbelsäulen - Gymnastik Frank - Raum:R1

Abends (ab 18:00 Uhr)						
18:00 - 18:55 SPINNING® I-II Bjoern - Raum:R2	18:00 - 18:45 TRX®-Intensive Stefano - Raum:R2	18:00 - 19:15 Vinyasa Flow I-II Yoga Tanja - Raum:R3	18:00 - 18:55 CBW / Langhantel Workout ung. / g. Woche Shaouki - Raum:R3	18:15 - 19:10 SPINNING® I-II Wassilios - Raum:R2	18:00 - 19:00 Yogilates Sabine - Raum:R3	
18:10 - 19:05 Complete Body Workout Marco - Raum:R1	18:00 - 18:55 Complete Body Workout Shaouki - Raum:R1	18:30 - 19:25 Complete Body Workout Manfred - Raum:R2	19:00 - 19:55 Pilates Shaouki - Raum:R3	18:30 - 19:30 bodyART Hardy (alle 2 Wochen) - Raum:R3		
19:00 - 19:30 TRX®-Workout Bjoern - Raum:R2	19:00 - 19:55 Pilates Shaouki - Raum:R3	18:30 - 19:25 Choreo Step II Marco - Raum:R1	20:00 - 20:30 TRX®-Workout Shaouki - Raum:R2			
19:00 - 20:15 Vinyasa Flow II Yoga Hilke - Raum:R3	20:00 - 20:30 TRX®-Workout Shaouki - Raum:R2	19:30 - 20:45 Aerial Yoga Jost - Raum:R3	20:00 - 21:00 Yin-Yoga Natascha - Raum:R3			
19:10 - 20:05 Fun-Step II Marco - Raum:R1		19:30 - 20:45 Power Circle Marco - Raum:R1				
20:10 - 21:05 Complete Body Workout Marco - Raum:R1						