

	<b>MONTAG</b>	<b>DIENSTAG</b>	<b>MITTWOCH</b>	<b>DONNERSTAG</b>	<b>FREITAG</b>	<b>SAMSTAG</b>	<b>SONNTAG</b>
<b>GYM</b>	09:30 – 10:00 <b>POWER PLATE®</b>	09:30 – 10:00 <b>POWER PLATE®</b>	09:00 – 09:30 <b>POWER PLATE®</b>	07:00 – 08:00   BASIC <b>FUNCTIONAL TRAINING</b>	09:00 – 09:30 <b>POWER PLATE®</b>	11:00 – 12:00   BASIC <b>FUNCTIONAL TRAINING</b>	17:00 – 18:00   ADVANCED <b>FUNCTIONAL TRAINING</b>
	17:30 – 18:00 <b>POWER PLATE®</b>	10:00 – 10:30 <b>POWER PLATE®</b>	17:30 – 18:00 <b>POWER PLATE®</b>	08:30 – 09:00 <b>POWER PLATE®</b>	09:30 – 10:00 <b>POWER PLATE®</b>		
	18:00 – 18:30 <b>POWER PLATE®</b>	17:30 – 18:00 <b>POWER PLATE®</b>	18:00 – 18:30 <b>POWER PLATE®</b>	09:00 – 09:30 <b>POWER PLATE®</b>	17:00 – 17:30 <b>POWER PLATE®</b>		
	18:00 – 19:00   BASIC <b>FUNCTIONAL TRAINING</b>	18:00 – 18:30 <b>POWER PLATE®</b>	18:00 – 19:00   BASIC <b>FUNCTIONAL TRAINING</b>	18:00 – 18:30 <b>CORE TRAINING</b>	17:00 – 18:00   ADVANCED <b>FUNCTIONAL TRAINING</b>		
		18:30 – 19:00 <b>CORE TRAINING</b>		18:30 – 19:30   BASIC <b>FUNCTIONAL TRAINING</b>	18:00 – 19:00   BASIC <b>FUNCTIONAL TRAINING</b>		
	19:00 – 20:00   BASIC <b>FUNCTIONAL TRAINING</b>						
<b>STUDIO 1</b>	10:00 – 11:00   Karina <b>BODYSHAPE</b>	10:30 – 11:30   Svenja <b>WORKOUT 50+</b>	10:00 – 11:00   Anneke <b>BODY WORKOUT</b>	10:00 – 11:00   Iika <b>RÜCKEN WORKOUT</b>	09:30 – 10:30   Karina <b>RÜCKEN WORKOUT</b>	10:30 – 11:30   Özlem <b>BODY WORKOUT</b>	10:30 – 11:30   Sandra <b>RÜCKEN WORKOUT</b>
	18:00 – 19:00   Michael <b>DANCE</b>	17:30 – 18:30   Marlies <b>PUSH &amp; POWER</b>	18:00 – 19:00   Sabina <b>JUMPING</b>	18:00 – 19:00   Marius <b>PUSH &amp; POWER</b>	10:30 – 11:00   Karina <b>MOBILITY</b>	11:30 – 12:30   Kevin <b>JUMPING</b>	11:30 – 12:30   Shahki <b>BODYSHAPE</b>
	19:00 – 20:00   Michael <b>YAB.WORKOUT</b>	18:30 – 19:30   Marlies <b>STEP II</b>	19:00 – 20:00   Tanja <b>RÜCKEN WORKOUT</b>	19:00 – 20:00   Marius <b>DANCE</b>	18:00 – 19:00   Holger <b>PUSH &amp; POWER</b>	15:00 – 16:30   Chakir <b>BOXEN</b>	12:30 – 13:30   Shahki <b>STEP INTERVALL</b>
	20:00 – 21:30   Marius <b>FITNESS BOXEN</b>	19:30 – 20:30   Olga <b>BODYSHAPE</b>	20:00 – 21:30   Chakir <b>BOXEN</b>	20:00 – 21:00   Lisa/Jolanta <b>JUMPING</b>			
<b>GIRO</b>	09:30 – 10:30   Margrit <b>CYCLING</b>	19:00 – 20:00   Margrit <b>CYCLING</b>	19:30 – 20:30   Andrea <b>CYCLING</b>	10:00 – 11:00   Margrit <b>CYCLING</b>	16:30 – 19:30   Petra <b>CYCLING</b>		11:00 – 12:00   Marc/Udo <b>CYCLING</b>
	19:00 – 20:00   Petra <b>CYCLING</b>			19:00 – 20:00   Patrick <b>CYCLING</b>			
<b>STUDIO 2</b>	09:00 – 10:00   Karina <b>PILATES</b>	09:00 – 10:00   Svenja <b>PILATES</b>	09:00 – 10:00   Rajpal <b>HATHA YOGA</b>	9:00 – 10:00   Rajpal <b>VINYASA YOGA</b>	09:00 – 10:00   Elena <b>PILATES</b>	10:00 – 11:30   Steffie <b>YOGA</b>	09:30 – 10:30   Svenja/Astrid <b>VINYASA YOGA</b>
	18:00 – 19:00   Sandra <b>PILATES</b>	17:30 – 19:00   Elke <b>HATHA YOGA</b>	18:00 – 19:00   Tanja <b>PILATES</b>	17:30 – 19:00   Sanny <b>POWER YOGA</b>	18:00 – 19:00   Patrick <b>MOBILITY</b>	11:45 – 12:45   Özlem <b>PILATES</b>	11:30 – 12:30   Sandra <b>POWER PILATES</b>
	19:00 – 20:00   Tanja <b>RÜCKEN PILATES</b>		19:00 – 20:00   Esther <b>SALSA LADY STYLING</b>			13:00 – 14:30   Liz <b>BALLETT WORKOUT</b>	18:00 – 19:00   Patrick <b>MOBILITY</b>
<b>SPECIAL</b>		19:00 – 20:00 <b>LAUFTREFF</b>		19:00 – 20:30 <b>HIIT LAUFTRAINING</b>		09:30 <b>DAUERLAUF</b>	
<b>PERFORMANCE CENTER</b>	18:00 – 19:00 <b>HYROX</b>		19:00 – 20:00 <b>HYROX</b>	19:00 – 20:00 <b>APT</b>		10:00 – 11:00 <b>HYROX</b>	13:00 – 15:00 <b>BEACHVOLLEYBALLTREFF</b>
						14:00 – 16:00 <b>BEACHVOLLEYBALLTREFF</b>	

Für alle Kurse ist eine Anmeldung erforderlich.

Kursplanänderungen und Aktuelles findest Du unter [www.almasportsclub.com](http://www.almasportsclub.com) und bei Facebook und Instagram.