

LOKAHI LOFT Kursplan 29.06.2020 - 01.11.2020

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Vormittags (bis 12:00 Uhr)						
09:00 - 09:45 Rücken-Pilates I Moni/Silvi - Raum:R1	08:30 - 09:30 Morning Yoga Boris - Raum:R3	08:00 - 09:00 Early Bird Yoga @Terrasse SaiBo-Berlin - Raum:?	08:30 - 09:30 Morning Yoga Sea - Raum:R3	08:00 - 09:00 Early Bird Yoga @Terrasse wechselnder Lehrer - Raum:?	10:00 - 10:45 Complete Body Workout Marco - Raum:R1	10:00 - 10:45 Complete Body Workout Yulia - Raum:R1
10:00 - 10:45 Rücken-Pilates II Moni/Silvi - Raum:R2	09:00 - 09:45 Complete Body Workout Frank - Raum:R1	09:00 - 09:45 Zumba Elena - Raum:R1	09:45 - 10:30 Vital Compact Sea - Raum:R3	09:00 - 09:45 Wirbelsäulen - Gymnastik Gerit - Raum:R3	10:00 - 10:45 BODYPUMP® Lisa - Raum:R2	10:00 - 10:45 SPINNING® I-II Vicky - Raum:R2
10:00 - 10:45 Dance-Aerobic I-II Teemu - Raum:R1	09:00 - 09:45 Wirbelsäulen - Gymnastik Gerit - Raum:R2	10:00 - 10:45 Complete Body Workout Elena - Raum:R1	10:00 - 10:45 Dance-Aerobic I-II Edvard - Raum:R1	10:00 - 10:45 Complete Body Workout Nikola - Raum:R1	11:00 - 11:45 Complete Body Workout Marco - Raum:R1	10:00 - 11:00 Yoga 0-I Bea - Raum:R3
10:00 - 11:00 Yoga I-II Anusheh - Raum:R3	10:00 - 10:45 Choreo Step I-II Frank - Raum:R2	10:00 - 11:00 Yoga I-II Jost - Raum:R3	10:45 - 11:30 Vital Compact Sea - Raum:R3	10:00 - 10:45 Muskel Funktionstraining Gerit - Raum:R3		11:00 - 11:45 Choreo Step II Yulia - Raum:R1
11:00 - 11:45 Complete Body Workout Teemu - Raum:R1	10:00 - 10:45 Muskel Funktionstraining Gerit - Raum:R1	11:00 - 11:45 Choreo Step II Elena - Raum:R1	11:00 - 11:45 Complete Body Workout Edvard - Raum:R1	11:00 - 11:45 SPINNING® I-II Gerit - Raum:R2		11:00 - 11:45 SPINNING® I-II Vicky - Raum:R2
	10:00 - 11:00 Yoga I-II Boris - Raum:R3			11:00 - 12:00 Yoga I-II Nikola - Raum:R3		11:15 - 12:15 Yoga III Bea - Raum:R3
	11:00 - 11:45 SPINNING® I-II Gerit - Raum:R2					
	11:00 - 11:45 Wirbelsäulen - Gymnastik Frank - Raum:R1					

Nachmittags (12:00 - 18:00 Uhr)						
17:00 - 17:45 Complete Body Workout Bjoern - Raum:R1	17:00 - 17:45 Choreo Step II Stefano - Raum:R1	17:30 - 18:15 Fun Aerobic I Manfred - Raum:R1	17:00 - 17:45 Jumping Fitness Agnes - Raum:R1	16:45 - 17:30 Wirbelsäulen - Gymnastik Frank - Raum:R1	12:00 - 12:45 Power Circle Marco - Raum:R1	12:00 - 12:45 Rücken-Pilates I+II Yulia - Raum:R1
17:30 - 18:30 Yoga I-II Boris - Raum:R3	17:30 - 18:30 Ashtanga Yoga II Jost - Raum:R3		17:15 - 17:45 FaszienVital BLACKROLL® Shaouki - Raum:R2	17:00 - 18:00 Yin-Yoga Vanessa (englisch) - Raum:R3	12:00 - 13:00 Functional Workout Jann - Raum:TF	13:30 - 14:00 FaszienVital BLACKROLL® Frank - Raum:R1
			17:30 - 18:30 Yoga I-II Saifohn - Raum:R3	17:45 - 18:30 Wirbelsäulen - Gymnastik Frank - Raum:R1	12:30 - 13:30 FeetUp® Yoga Boris - Raum:R3	14:00 - 15:00 Yoga I-II Wilhelmina - Raum:R3
					14:00 - 15:00 Yoga I-II Carol - Raum:R3	14:15 - 15:00 Wirbelsäulen - Gymnastik Frank - Raum:R1
						15:15 - 16:00 Wirbelsäulen - Gymnastik Frank - Raum:R1

Abends (ab 18:00 Uhr)						
18:00 - 18:45 SPINNING® I-II Bjoern - Raum:R2	18:00 - 18:45 Complete Body Workout Stefano - Raum:R2	18:00 - 19:00 Vinyasa Flow I-II Yoga Carol - Raum:R3	18:00 - 18:45 Complete Body Workout Shaouki - Raum:R1	18:45 - 19:15 Relax Frank - Raum:R1		
18:15 - 19:00 Complete Body Workout Marco - Raum:R1	18:00 - 18:45 Complete Body Workout Shaouki - Raum:R1	18:30 - 19:15 Complete Body Workout Manfred - Raum:R2	19:00 - 19:45 Functional Annica - Raum:R1			
19:00 - 19:30 TRX®-Workout Bjoern - Raum:R2	19:00 - 19:45 BODYPUMP® Vicky - Raum:R1	18:30 - 19:15 Choreo Step II Marco - Raum:R1	19:00 - 19:45 SPINNING® I-II Bjoern - Raum:R2			
19:00 - 20:00 Vinyasa Flow II Yoga Hilke - Raum:R3	19:00 - 19:45 Rücken-Pilates I+II Shaouki - Raum:R3	19:30 - 20:15 Power Circle Marco - Raum:R1	19:00 - 19:45 Rücken-Pilates I+II Shaouki - Raum:R3			
19:15 - 20:00 Choreo Step II Marco - Raum:R1	19:00 - 19:45 Functional Annica - Raum:R2	19:30 - 20:30 Medical Yoga 0-1 Jost - Raum:R3	20:00 - 20:30 TRX®-Workout I Bjoern - Raum:R2			
20:15 - 21:00 Complete Body Workout Marco - Raum:R1	20:00 - 20:30 TRX®-Workout I Shaouki - Raum:R2		20:00 - 20:45 Complete Body Workout Marco - Raum:R1			
	20:00 - 21:00 Mandala Yoga Sabine - Raum:R3		20:00 - 21:00 Yin-Yoga Silvi - Raum:R3			