

# LOKAHI LOFT Kursplan 02.10.2017 - 17.12.2017

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Vormittags (bis 12:00 Uhr)						
<b>09:00 - 09:55</b> Rücken-Pilates I+II Monika - Raum:R1	<b>09:00 - 09:55</b> Complete Body Workout Frank - Raum:R1	<b>10:00 - 10:55</b> Complete Body Workout Elena - Raum:R1	<b>09:00 - 09:55</b> Ashtanga Yoga I-II Sea - Raum:R3	<b>09:00 - 09:55</b> Wirbelsäulen - Gymnastik Gerit - Raum:R3	<b>10:00 - 11:00</b> Complete Body Workout Marco - Raum:R1	<b>10:00 - 11:00</b> Complete Body Workout Amadou - Raum:R1
<b>10:00 - 10:55</b> FaszienWorkout Monika - Raum:R2	<b>09:45 - 11:00</b> Muskelfunktionstraining Gerit - Raum:R5	<b>11:00 - 12:30</b> Vinyasa Yoga I-II Jost - Raum:R3	<b>10:00 - 10:55</b> Vital Compact Sea - Raum:R3	<b>10:00 - 10:55</b> Complete Body Workout Nikola - Raum:R1	<b>10:00 - 11:00</b> Body Pump® - Raum:R2	<b>10:00 - 11:30</b> Cycling II Thomas - Raum:R2
<b>10:00 - 11:00</b> Dance-Aerobic I-II Amadou - Raum:R1	<b>10:00 - 10:55</b> Step I Frank - Raum:R2	<b>11:05 - 12:15</b> Step II Elena - Raum:R1	<b>10:00 - 11:00</b> Dance-Aerobic I-II Amadou - Raum:R2	<b>10:00 - 10:55</b> Muskelfunktionstraining Gerit - Raum:R3	<b>10:00 - 11:00</b> jumping Fitness - Raum:R5	<b>11:00 - 12:00</b> Yoga 0-I Bea - Raum:R3
<b>10:00 - 11:10</b> Yoga I-II Anusheh - Raum:R3	<b>10:00 - 11:15</b> Yoga I-II Boris - Raum:R3		<b>11:05 - 12:05</b> Complete Body Workout Amadou - Raum:R1	<b>10:00 - 11:00</b> TRX-Intensive - Raum:R2	<b>11:10 - 12:10</b> Cycling I Gerit - Raum:R2	<b>11:05 - 12:05</b> Step II Amadou - Raum:R1
<b>11:05 - 12:05</b> Complete Body Workout Amadou - Raum:R1	<b>11:00 - 11:55</b> Wirbelsäulen - Gymnastik Frank - Raum:R1			<b>11:10 - 12:10</b> Cycling I Gerit - Raum:R2		
	<b>11:10 - 12:10</b> Cycling I-II Gerit - Raum:R2			<b>11:10 - 12:30</b> Yoga I-II Nikola - Raum:R3		

Nachmittags (12:00 - 18:00 Uhr)						
<b>17:00 - 17:55</b> Complete Body Workout Bjoern - Raum:R2	<b>16:55 - 17:55</b> Step II Stefano - Raum:R1	<b>17:30 - 18:25</b> Fun Aerobic I Manfred - Raum:R1	<b>17:00 - 17:55</b> BlackRoll Faszientraining Shaouki - Raum:R1	<b>16:45 - 17:40</b> Wirbelsäulen - Gymnastik Frank - Raum:R2	<b>12:25 - 13:55</b> Power Drill Marco - Raum:R1	<b>12:10 - 13:10</b> Rücken-Pilates I+II Amadou - Raum:R1
<b>17:20 - 18:50</b> Yoga I-II Boris - Raum:R3			<b>17:00 - 18:00</b> jumping Fitness Agnes - Raum:R5	<b>17:00 - 18:10</b> Choreo Step III Jacek - Raum:R1	<b>12:30 - 13:30</b> TRX-Intensive Anna-Maria M. - Raum:R2	<b>12:10 - 13:40</b> Yoga III Bea - Raum:R3
			<b>17:20 - 18:50</b> Yoga I-II Saifohn - Raum:R3	<b>17:45 - 18:15</b> Relax Frank - Raum:R3	<b>14:00 - 15:15</b> Yoga II Ilaria - Raum:R3	<b>15:00 - 15:55</b> Wirbelsäulen - Gymnastik Frank - Raum:R1
					<b>16:00 - 16:20</b> Abs & Back - Raum:?	<b>16:00 - 17:10</b> Choreo Step III Frank - Raum:R1

Abends (ab 18:00 Uhr)						
<b>18:00 - 18:20</b> Abs & Back - Raum:?	<b>18:00 - 18:20</b> Abs & Back - Raum:?	<b>18:00 - 19:20</b> Yoga I-II Andrea - Raum:R3	<b>18:00 - 18:20</b> Abs & Back - Raum:?	<b>18:00 - 18:20</b> Abs & Back - Raum:TF		
<b>18:00 - 19:00</b> Body Pump® Chris - Raum:R1	<b>18:00 - 18:45</b> TRX-Workout I Stefano - Raum:R2	<b>18:30 - 19:25</b> Complete Body Workout Manfred - Raum:R2	<b>18:00 - 18:30</b> TRX-Workout I Bjoern - Raum:R2	<b>18:15 - 19:10</b> Complete Body Workout Jacek - Raum:R1		
<b>18:05 - 19:00</b> Cycling I Bjoern - Raum:R2	<b>18:00 - 18:55</b> Complete Body Workout Shaouki - Raum:R1	<b>18:30 - 19:30</b> Choreo Step II Marco - Raum:R1	<b>18:00 - 18:55</b> Complete Body Workout Shaouki - Raum:R1	<b>18:30 - 20:00</b> Vinyasa Yoga II Bettina - Raum:R3		
<b>19:00 - 20:30</b> Vinyasa Yoga II Hilke - Raum:R3	<b>18:00 - 19:00</b> Vinyasa Yoga 0-I Jost - Raum:R3	<b>19:30 - 19:50</b> Abs & Back - Raum:?	<b>18:40 - 19:55</b> Cycling II Bjoern - Raum:R2	<b>20:05 - 21:20</b> Yin-Yoga Bettina - Raum:R3		
<b>19:05 - 19:35</b> TRX-Workout I Bjoern - Raum:R2	<b>19:00 - 20:00</b> Body Pump® Vicky - Raum:R1	<b>19:30 - 20:30</b> Cycling I-II Jeannette - Raum:R2	<b>19:00 - 20:00</b> Rücken-Pilates I+II Shaouki - Raum:R3			
<b>19:10 - 20:25</b> Fun-Step II Marco - Raum:R1	<b>19:00 - 20:00</b> Cycling I-II Thomas - Raum:R2	<b>19:30 - 21:00</b> Ashtanga Yoga II-III Jost - Raum:R3	<b>19:00 - 20:00</b> Body Pump® Olli - Raum:R1			
<b>19:30 - 19:50</b> Abs & Back - Raum:TF	<b>19:05 - 20:00</b> Rücken-Pilates I+II Shaouki - Raum:R3	<b>19:40 - 20:55</b> Power Circle Marco - Raum:R1	<b>19:30 - 19:50</b> Abs & Back - Raum:?			
<b>20:30 - 21:40</b> Complete Body Workout Marco - Raum:R1	<b>19:30 - 19:50</b> Abs & Back Antonia - Raum:TF		<b>20:00 - 21:30</b> Triple XXX Marco - Raum:R1			
	<b>20:05 - 21:00</b> Zumba® Antonia - Raum:R1		<b>20:10 - 20:50</b> TRX-Workout I Shaouki - Raum:R5			
	<b>20:05 - 21:05</b> Yin-Yoga Bea - Raum:R3					
	<b>20:05 - 21:05</b> TRX-Intensive - Raum:R2					
	<b>21:00 - 21:20</b> Abs & Back - Raum:TF					