

# LOKAHI LOFT Kursplan 20.07.2024 - 18.08.2024

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Vormittags (bis 12:00 Uhr)						
<b>09:00 - 09:55</b> Pilates Monika - Raum:R1	<b>09:00 - 09:55</b> Complete Body Workout Frank - Raum:R1	<b>08:00 - 09:00</b> Morning Yoga @Terrasse Div. Trainer:in (Sommer) - Raum:R1	<b>08:00 - 09:15</b> Morning Yoga Jessy - Raum:R3	<b>10:00 - 10:55</b> Pilates Saifohn - Raum:R3	<b>09:00 - 09:50</b> Jumping Fitness Tony - Raum:R1	<b>10:00 - 10:55</b> Complete Body Workout Yulia - Raum:R1
<b>10:00 - 10:55</b> Faszien-Training Monika - Raum:R2	<b>10:00 - 10:55</b> Choreo Step I-II Frank - Raum:R2	<b>10:00 - 10:55</b> Complete Body Workout Jessy - Raum:R1	<b>09:20 - 10:15</b> Vital Compact Jessy - Raum:R3	<b>10:00 - 11:15</b> Muskel Funktionstraining Gerit/Marie - Raum:R1	<b>10:00 - 10:55</b> Langhantel Workout Lisa - Raum:R2	<b>10:00 - 11:15</b> Hatha Yoga I Bea - Raum:R3
<b>10:00 - 10:55</b> Dance-Aerobic I-II Bianca - Raum:R1	<b>10:00 - 10:55</b> Muskel Funktionstraining Gerit/Marie - Raum:R1	<b>10:00 - 11:15</b> Vinyasa Flow I-II Yoga Jost - Raum:R3	<b>10:00 - 10:55</b> Dance-Aerobic I-II Stella - Raum:R1	<b>11:00 - 12:15</b> Vinyasa Flow I-II Yoga Saifohn - Raum:R3	<b>10:00 - 11:15</b> Pranayama meets Hatha GÄ¼nter - Raum:R3	<b>11:00 - 11:55</b> Choreo Step II Yulia - Raum:R1
<b>10:00 - 11:15</b> Hatha Yoga I-II Anusheh - Raum:R3	<b>10:00 - 11:15</b> Hatha Yoga I-II Boris - Raum:R3		<b>11:00 - 11:55</b> Complete Body Workout Stella - Raum:R1	<b>11:20 - 12:15</b> SPINNING® NN - Raum:R2	<b>11:00 - 11:55</b> Full Bodyworkout I-II Lisa - Raum:R1	<b>11:00 - 11:55</b> SPINNING® Matthias - Raum:R2
<b>11:00 - 11:55</b> Full Bodyworkout I-II Bianca - Raum:R1	<b>11:00 - 11:55</b> Wirbelsäulen - Gymnastik Frank - Raum:R1				<b>11:30 - 12:25</b> Functional Workout Jann - Raum:TF	<b>11:30 - 12:45</b> Yin Yang Yoga II Bea - Raum:R3
<b>11:20 - 11:45</b> Shake It Out - Meditation Anusheh - Raum:R3						

Nachmittags (12:00 - 18:00 Uhr)						
<b>17:00 - 17:55</b> Complete Body Workout Bjoern - Raum:R1	<b>17:00 - 17:55</b> Choreo Step III Yulia - Raum:R1	<b>17:45 - 19:00</b> Vinyasa Flow II Yoga Apollonia - Raum:R3	<b>17:20 - 17:50</b> FaszienVital BLACKROLL® Shaouki - Raum:R1	<b>16:30 - 17:25</b> Wirbelsäulen - Gymnastik Frank - Raum:R1	<b>12:30 - 13:45</b> Vinyasa meets Aerial Jessy - Raum:R3	<b>12:00 - 12:55</b> Pilates Yulia - Raum:R1
<b>17:30 - 18:45</b> Hatha Yoga I-II Boris - Raum:R3			<b>17:30 - 18:45</b> Vinyasa Flow I-II Yoga Saifohn - Raum:R3	<b>17:00 - 18:00</b> Functional (outdoor s.) Sven - Raum:TF		<b>13:30 - 14:10</b> FaszienVital BLACKROLL® Frank - Raum:R1
				<b>17:00 - 18:15</b> Vinyasa Flow II Yoga Boris - Raum:R3		<b>14:15 - 15:10</b> Wirbelsäulen - Gymnastik Frank - Raum:R1
				<b>17:30 - 18:00</b> Relax Frank - Raum:R1		

Abends (ab 18:00 Uhr)						
<b>18:00 - 18:55</b> SPINNING® Bjoern - Raum:R2	<b>18:00 - 18:45</b> TRX®-Intensive Yulia - Raum:R2	<b>18:00 - 18:55</b> Rücken Fit Shaouki - Raum:R1	<b>18:00 - 18:55</b> Langhantel Workout Shaouki - Raum:R1	<b>18:30 - 19:30</b> bodyART® Hardy - Raum:R3		
<b>18:00 - 19:00</b> Functional (outdoor s.) Annica - Raum:TF	<b>18:00 - 18:55</b> Complete Body Workout Shaouki - Raum:R1	<b>18:00 - 19:00</b> Functional (outdoor s.) Annica - Raum:TF	<b>19:00 - 19:55</b> Pilates Shaouki - Raum:R3			
<b>19:00 - 19:55</b> Langhantel Workout Lisa/Roland - Raum:R1	<b>18:00 - 19:00</b> Functional (outdoor s.) Sven - Raum:TF	<b>19:00 - 20:30</b> Power Circle Shaouki - Raum:R1	<b>20:00 - 20:30</b> TRX®-Workout Shaouki - Raum:R2			
<b>19:00 - 20:15</b> Vinyasa Flow II Yoga Hilke - Raum:R3	<b>19:00 - 19:55</b> Pilates Shaouki - Raum:R3	<b>19:30 - 20:45</b> Aerial Yoga Jost - Raum:R3				
	<b>20:00 - 20:30</b> TRX®-Workout Shaouki - Raum:R2					