

LOKAHI LOFT Kursplan 08.01.2024 - 31.12.2024

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--|---|---|---|---|---|--|
| Vormittags (bis 12:00 Uhr) | | | | | | |
| 09:00 - 09:55 Pilates Monika - Raum:R1 | 09:00 - 09:55 Full Bodyworkout I-II Frank - Raum:R1 | 08:00 - 09:00 Early Bird Yoga @Terrasse 08.05.- 25.09.2024 - Raum:TF | 08:00 - 09:15 Morning Yoga Jessy - Raum:R3 | 10:00 - 10:55 Pilates Saifohn - Raum:R3 | 09:00 - 09:55 Jumping Fitness Tony/Melina/Patrick - Raum:R1 | 10:00 - 10:55 Full Bodyworkout I-II Yulia - Raum:R1 |
| 10:00 - 10:55 Dance-Aerobic I-II Bianca - Raum:R1 | 10:00 - 10:55 Choreo Step I-II Frank - Raum:R2 | 10:00 - 10:55 Full Bodyworkout I-II Elena - Raum:R1 | 09:20 - 10:15 Vital Compact Jessy - Raum:R3 | 10:00 - 11:15 Muskel Funktionstraining Gerit - Raum:R1 | 10:00 - 10:55 Full Bodyworkout II-III Marco - Raum:R1 | 10:00 - 11:15 Hatha Yoga I Bea (opt. english) - Raum:R3 |
| 10:00 - 10:55 Rücken Fit Monika - Raum:R2 | 10:00 - 10:55 Muskel Funktionstraining Gerit - Raum:R1 | 10:00 - 11:15 Vinyasa Yoga I-II Jost (opt. english) - Raum:R3 | 10:00 - 10:55 Dance-Aerobic I-II Stella - Raum:R1 | 11:00 - 12:15 Vinyasa Yoga I-II 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 Hatha Yoga I-II Anusheh - Raum:R3 | 10:00 - 11:15 Hatha Yoga I-II Boris - Raum:R3 | 11:00 - 11:55 Choreo Step II Elena - Raum:R1 | 11:00 - 11:55 Full Bodyworkout I-II Stella - Raum:R1 | 11:20 - 12:15 SPINNING® Gerit - Raum:R2 | 10:00 - 11:15 Gesünder atmen, Pranayama GÄ\inter (opt. spain/engl.) - Ra | 11:00 - 11:55 SPINNING® Matthias - Raum:R2 |
| 11:00 - 11:55 Full Bodyworkout II Bianca - Raum:R1 | 11:00 - 11:55 Wirbelsäulen - Gymnastik Frank - Raum:R1 | | | | 11:00 - 12:30 Full Bodyworkout+ Stretch Marco - Raum:R1 | 11:30 - 12:45 Yin Yang Yoga II Bea (opt. english) - Raum:R3 |
| 11:20 - 11:45 Shake It Out - Meditation Anusheh - Raum:R3 | 11:05 - 12:00 SPINNING® Gerit - Raum:R2 | | | | 11:30 - 12:25 Functional Workout Jann - Raum:TF | |
| | | | | | 11:30 - 12:45 FeetUp® Yoga PAUSIERT! - Raum:? | |

| Nachmittags (12:00 - 18:00 Uhr) | | | | | | |
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| 17:00 - 17:55 Full Bodyworkout I-II Bjoern - Raum:R1 | 17:00 - 17:55 Choreo Step II Yulia - Raum:R1 | 17:30 - 18:25 Fun Aerobic I Manfred - Raum:R2 | 17:00 - 17:55 FaszienVital BLACKROLL® Shaouki - Raum:R1 | 16:30 - 17:25 Wirbelsäulen - Gymnastik Frank - Raum:R1 | 12:30 - 13:45 Vinyasa Yoga I-II Jessy - Raum:R3 | 12:00 - 12:55 Pilates Yulia - Raum:R1 |
| 17:30 - 18:45 Hatha Yoga I-II Boris - Raum:R3 | 17:30 - 18:45 Vinyasa Flow I-II Yoga Andrea - Raum:R3 | 17:45 - 19:00 Vinyasa Yoga II Apollonia - Raum:R3 | 17:30 - 18:45 Vinyasa Yoga I-II Saifohn - Raum:R3 | 17:00 - 18:00 Functional (outdoor s.) Sven - Raum:TF | | 13:30 - 14:10 FaszienVital BLACKROLL® Frank - Raum:R1 |
| | | | | 17:00 - 18:15 Vinyasa Yoga II Boris - Raum:R3 | | 14:15 - 15:10 Wirbelsäulen - Gymnastik Frank - Raum:R1 |
| | | | | 17:30 - 18:00 Relax Frank - Raum:R1 | | |

| Abends (ab 18:00 Uhr) | | | | | | |
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| 18:00 - 18:55 SPINNING® Bjoern - Raum:R2 | 18:00 - 18:45 TRX®-Intensive Yulia - Raum:R2 | 18:00 - 19:00 Functional Pro Annica - Raum:TF | 18:00 - 18:55 Langhantel Workout Shaouki - Raum:R1 | 18:15 - 19:10 SPINNING® Kristina - Raum:R2 | | |
| 18:00 - 19:00 Functional Pro Annica - Raum:TF | 18:00 - 18:55 Full Bodyworkout II-III Shaouki - Raum:R1 | 18:15 - 19:10 Full Bodyworkout II-III Marco - Raum:R1 | 19:00 - 19:55 Pilates Shaouki - Raum:R3 | 18:30 - 19:30 bodyART® Hardy - Raum:R3 | | |
| 18:10 - 19:05 Full Bodyworkout II Marco - Raum:R1 | 18:00 - 19:00 Functional (outdoor s.) Sven - Raum:TF | 18:30 - 19:25 Vital Compact Manfred - Raum:R2 | 20:00 - 20:30 TRX®-Workout Shaouki - Raum:R2 | | | |
| 19:00 - 20:15 Vinyasa Yoga II Hilke - Raum:R3 | 19:00 - 19:55 Pilates Shaouki - Raum:R3 | 19:15 - 20:45 Power Circle Marco - Raum:R1 | 20:00 - 21:15 Hatha Yoga I-II Natascha - Raum:R3 | | | |
| 19:10 - 20:05 Choreo Step II Marco - Raum:R1 | 20:00 - 20:30 TRX®-Workout Shaouki - Raum:R2 | 19:30 - 20:45 Aerial Yoga Jost (opt. english) - Raum:R3 | | | | |
| 20:10 - 21:05 Full Bodyworkout II-III Marco - Raum:R1 | | | | | | |