

LOKAHI LOFT Kursplan 18.06.2018 - 30.09.2018

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---|---|--|---|---|--|---|
| Vormittags (bis 12:00 Uhr) | | | | | | |
| 09:00 - 09:55 Rücken-Pilates I+II Monika - Raum:R1 | 08:50 - 09:45 Complete Body Workout Frank - Raum:R1 | 08:00 - 09:00 Early Bird Yoga @Terrasse - Raum:? | 09:00 - 10:00 Ashtanga Yoga I-II Sea - Raum:R3 | 09:00 - 09:55 Wirbelsäulen - Gymnastik Gerit - Raum:R3 | 10:00 - 11:00 Complete Body Workout Marco - Raum:R1 | 10:00 - 11:00 Yoga 0-I Bea - Raum:R3 |
| 10:00 - 10:15 BACK XPRESS - Raum:TF | 09:50 - 11:00 Choreo Step I-II Frank - Raum:R2 | 10:00 - 10:15 BACK XPRESS - Raum:TF | 10:00 - 10:15 BACK XPRESS - Raum:TF | 10:00 - 10:15 BACK XPRESS - Raum:TF | 10:00 - 11:00 Jumping Fitness Lucas - Raum:R3 | 10:00 - 11:00 Complete Body Workout Amadou - Raum:R1 |
| 10:00 - 10:55 Faszien Workout Monika - Raum:R2 | 09:50 - 11:05 Muskelfunktionstraining Gerit - Raum:R1 | 10:00 - 10:55 Complete Body Workout Elena - Raum:R1 | 10:00 - 11:00 Dance-Aerobic I-II Amadou - Raum:R2 | 10:00 - 10:55 Complete Body Workout Nikola - Raum:R1 | 10:00 - 11:00 BODYPUMP® Lisa - Raum:R2 | 10:00 - 11:30 Cycling II Thomas - Raum:R2 |
| 10:00 - 11:00 Dance-Aerobic I-II Amadou - Raum:R1 | 10:00 - 10:15 BACK XPRESS - Raum:TF | 11:00 - 12:30 Vinyasa Flow I-II Yoga Jost - Raum:R3 | 10:05 - 11:00 Vital Compact Sea - Raum:R3 | 10:00 - 10:55 Muskelfunktionstraining Gerit - Raum:R3 | 11:00 - 11:15 TABATA XPRESS - Raum:TF | 11:05 - 12:05 Choreo Step II Amadou - Raum:R1 |
| 10:00 - 11:10 Yoga I-II Anusheh - Raum:R3 | 10:00 - 11:15 Yoga I-II Boris - Raum:R3 | 11:05 - 12:15 Choreo Step II Elena - Raum:R1 | 11:05 - 12:05 Complete Body Workout Amadou - Raum:R1 | 11:10 - 12:10 Cycling I Gerit - Raum:R2 | 11:10 - 12:10 Complete Body Workout Marco - Raum:R1 | 11:10 - 12:40 Yoga III Bea - Raum:R3 |
| 11:05 - 12:05 Complete Body Workout Amadou - Raum:R1 | 11:10 - 12:05 Wirbelsäulen - Gymnastik Frank - Raum:R1 | | | 11:10 - 12:30 Yoga I-II Nikola - Raum:R3 | | |
| | 11:15 - 12:15 Cycling I-II Gerit - Raum:R2 | | | | | |

| Nachmittags (12:00 - 18:00 Uhr) | | | | | | |
|---|---|--|--|---|---|---|
| 17:00 - 17:55 Complete Body Workout Bjoern - Raum:R1 | 16:55 - 17:55 Choreo Step II Stefano - Raum:R1 | 17:30 - 18:25 Fun Aerobic I Manfred - Raum:R1 | 16:15 - 17:15 Jumping Fitness Agnes - Raum:R3 | 16:45 - 17:40 Wirbelsäulen - Gymnastik Frank - Raum:R3 | 12:25 - 13:55 Power Drill Marco - Raum:R1 | 12:10 - 13:10 Rücken-Pilates I+II Amadou - Raum:R1 |
| 17:20 - 18:50 Yoga I-II Boris - Raum:R3 | | 17:45 - 19:15 Yoga I-II Andrea - Raum:R3 | 17:00 - 17:55 FaszienVital BLACKROLL® Shaouki - Raum:R1 | 17:00 - 18:10 Choreo Step III Jacek - Raum:R1 | 12:30 - 13:30 TRX®-Intensive Anna-Maria M. - Raum:R2 | 13:25 - 13:55 FaszienVital BLACKROLL® Frank - Raum:R1 |
| | | | 17:20 - 18:50 Yoga I-II Saifohn - Raum:R3 | 17:45 - 18:15 Relax Frank - Raum:R3 | 14:00 - 15:30 Vinyasa Flow II Yoga Ilaria - Raum:R3 | 14:00 - 15:00 Wirbelsäulen - Gymnastik Frank - Raum:R1 |
| | | | | | 16:00 - 16:40 Abs & Back - Raum:TF | 15:05 - 16:15 Choreo Step III Bianca - Raum:R1 |
| | | | | | | 17:00 - 17:15 TABATA XPRESS - Raum:TF |

| Abends (ab 18:00 Uhr) | | | | | | |
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| 18:00 - 19:00 BODYPUMP® Chris - Raum:R1 | 18:00 - 18:45 TRX®-Workout I Stefano - Raum:R2 | 18:30 - 18:45 ABS XPRESS - Raum:TF | 18:00 - 18:30 TRX®-Workout I Bjoern - Raum:R2 | 18:15 - 19:10 Complete Body Workout Jacek - Raum:R1 | | |
| 18:05 - 19:00 Cycling I Bjoern - Raum:R2 | 18:00 - 18:55 Complete Body Workout Shaouki - Raum:R1 | 18:30 - 19:25 Complete Body Workout Manfred - Raum:R2 | 18:00 - 18:55 Complete Body Workout Shaouki - Raum:R1 | 18:30 - 18:45 ABS XPRESS - Raum:TF | | |
| 18:30 - 18:45 ABS XPRESS - Raum:TF | 18:00 - 19:00 Vinyasa Flow 0-I Yoga Jost - Raum:R3 | 18:30 - 19:30 Choreo Step II Marco - Raum:R1 | 18:30 - 18:45 ABS XPRESS - Raum:TF | 18:30 - 20:00 Vinyasa Flow II Yoga Bettina - Raum:R3 | | |
| 19:00 - 20:30 Vinyasa Flow II Yoga Hilke - Raum:R3 | 18:30 - 18:45 ABS XPRESS - Raum:TF | 19:30 - 21:00 Ashtanga Yoga II Jost - Raum:R3 | 18:40 - 19:55 Cycling II Bjoern - Raum:R2 | 20:00 - 20:15 TABATA XPRESS - Raum:TF | | |
| 19:05 - 19:35 TRX®-Workout I Bjoern - Raum:R2 | 19:00 - 20:00 Cycling I-II Folke - Raum:R2 | 19:40 - 20:55 Power Circle Marco - Raum:R1 | 19:00 - 19:55 Rücken-Pilates I+II Shaouki - Raum:R3 | 20:05 - 21:20 Restorative Yoga Bettina - Raum:R3 | | |
| 19:10 - 20:25 Fun-Step II Marco - Raum:R1 | 19:00 - 20:00 BODYPUMP® Vicky - Raum:R1 | 20:00 - 20:15 TABATA XPRESS - Raum:TF | 19:00 - 20:00 BODYPUMP® Olli - Raum:R1 | 20:30 - 20:45 TABATA XPRESS - Raum:TF | | |
| 20:00 - 20:15 TABATA XPRESS - Raum:TF | 19:05 - 20:00 Rücken-Pilates I+II Shaouki - Raum:R3 | 20:30 - 20:45 TABATA XPRESS - Raum:TF | 20:00 - 20:15 TABATA XPRESS - Raum:TF | | | |
| 20:30 - 20:45 TABATA XPRESS - Raum:TF | 20:00 - 20:15 TABATA XPRESS - Raum:TF | | 20:00 - 21:30 Power Workout Marco - Raum:R1 | | | |
| 20:30 - 21:40 Complete Body Workout Marco - Raum:R1 | 20:05 - 21:00 ZUMBA® - Raum:R1 | | 20:05 - 20:50 TRX®-Intensive Shaouki - Raum:R2 | | | |
| | 20:05 - 21:05 Yin-Yoga Bea - Raum:R3 | | 20:30 - 20:45 TABATA XPRESS - Raum:TF | | | |
| | 20:30 - 20:45 TABATA XPRESS - Raum:TF | | | | | |