

# LOKAHI LOFT Kursplan 29.04.2019 - 23.06.2019

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>08:50 - 09:45</b> Complete Body Workout Frank - Raum:R1	<b>10:00 - 10:15</b> BACK XPRESS - Raum:TF	<b>08:30 - 09:30</b> Morning Yoga Sea - Raum:R3	<b>09:00 - 09:55</b> Wirbelsäulen - Gymnastik Gerit - Raum:R3	<b>09:00 - 09:55</b> Jumping Fitness Lucas - Raum:R1	<b>10:00 - 11:00</b> Yoga 0-I Bea - Raum:R3
<b>10:00 - 10:15</b> BACK XPRESS - Raum:TF	<b>09:50 - 11:00</b> Choreo Step I-II Frank - Raum:R2	<b>10:00 - 10:55</b> Complete Body Workout Elena - Raum:R1	<b>09:45 - 10:45</b> Vital Compact Sea - Raum:R3	<b>10:00 - 10:55</b> Complete Body Workout Nikola - Raum:R1	<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> Faszien Workout Monika - Raum:R2	<b>09:50 - 11:05</b> Muskelfunktionstraining Gerit - Raum:R1	<b>10:00 - 11:15</b> Yoga I-II Jost - Raum:R3	<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> BODYPUMP® Lisa - Raum:R2	<b>10:00 - 11:30</b> SPINNING® II Vicky - Raum:R2
<b>10:00 - 11:00</b> Dance-Aerobic I-II Amadou - Raum:R1	<b>10:00 - 11:15</b> Yoga I-II Boris - Raum:R3	<b>11:05 - 12:15</b> Choreo Step II Elena - Raum:R1	<b>11:05 - 12:05</b> Complete Body Workout Amadou - Raum:R1	<b>11:10 - 12:10</b> SPINNING® I-II Gerit - Raum:R2	<b>11:00 - 11:15</b> TABATA XPRESS - Raum:TF	<b>11:05 - 12:05</b> Choreo Step II Amadou - Raum:R1
<b>10:00 - 11:10</b> Yoga I-II Anusheh - Raum:R3	<b>11:10 - 12:05</b> Wirbelsäulen - Gymnastik Frank - Raum:R1			<b>11:10 - 12:30</b> Yoga I-II Nikola - Raum:R3	<b>11:10 - 12:10</b> Complete Body Workout Marco - Raum:R1	<b>11:10 - 12:40</b> Yoga III Bea - Raum:R3
<b>11:05 - 12:05</b> Complete Body Workout Amadou - Raum:R1	<b>11:15 - 12:15</b> SPINNING® I-II Gerit - Raum:R2					

Nachmittags (12:00 - 18:00 Uhr)						
<b>17:00 - 17:55</b> Complete Body Workout Bjoern - Raum:R2	<b>16:55 - 17:55</b> Choreo Step II Stefano - Raum:R1	<b>17:30 - 18:25</b> Fun Aerobic I Manfred - Raum:R1	<b>17:00 - 17:55</b> FaszienVital BLACKROLL® Shaouki - Raum:R2	<b>16:45 - 17:40</b> Wirbelsäulen - Gymnastik Frank - Raum:R1	<b>12:00 - 13:00</b> Functional Circle Jann - Raum:TF	<b>12:10 - 13:10</b> Rücken-Pilates I+II Amadou - Raum:R1
<b>17:00 - 17:55</b> Jumping Fitness Jule - Raum:R1	<b>17:30 - 19:00</b> Ashtanga Yoga II Jost - Raum:R3	<b>17:45 - 19:15</b> Yoga I-II Andrea - Raum:R3	<b>17:00 - 17:55</b> Jumping Fitness Bianca - Raum:R1	<b>17:10 - 18:25</b> Yin-Yoga Bettina - Raum:R3	<b>12:25 - 13:55</b> Power Drill Marco - Raum:R1	<b>13:25 - 13:55</b> FaszienVital BLACKROLL® Frank - Raum:R1
<b>17:20 - 18:50</b> Yoga I-II Boris - Raum:R3			<b>17:20 - 18:50</b> Yoga I-II Saifohn - Raum:R3	<b>17:45 - 18:15</b> Relax Frank - Raum:R1	<b>12:30 - 13:45</b> FeetUp® Yoga Boris - Raum:R3	<b>14:00 - 15:00</b> Wirbelsäulen - Gymnastik Frank - Raum:R1
					<b>14:00 - 15:30</b> Vinyasa Flow II Yoga Ilaria - Raum:R3	<b>17:00 - 17:15</b> TABATA XPRESS - Raum:TF

Abends (ab 18:00 Uhr)						
<b>18:00 - 19:00</b> CrossCircle® Annica - Raum:TF	<b>18:00 - 18:45</b> TRX®-Workout I Stefano - Raum:R2	<b>18:00 - 19:00</b> CrossCircle® Annica - Raum:TF	<b>18:00 - 18:30</b> TRX®-Workout I Bjoern - Raum:R2	<b>18:00 - 19:00</b> CrossCircle® Annica - Raum:TF		
<b>18:00 - 19:00</b> BODYPUMP® Stefano - Raum:R1	<b>18:00 - 18:55</b> Complete Body Workout Shaouki - Raum:R1	<b>18:30 - 18:45</b> ABS XPRESS - Raum:TF	<b>18:00 - 18:55</b> Complete Body Workout Shaouki - Raum:R1	<b>18:30 - 18:45</b> ABS XPRESS - Raum:TF		
<b>18:05 - 19:00</b> SPINNING® I-II Bjoern - Raum:R2	<b>18:30 - 18:45</b> ABS XPRESS - Raum:TF	<b>18:30 - 19:25</b> Complete Body Workout Manfred - Raum:R2	<b>18:30 - 18:45</b> ABS XPRESS - Raum:TF	<b>18:30 - 20:00</b> Vinyasa Flow II Yoga Bettina - Raum:R3		
<b>18:30 - 18:45</b> ABS XPRESS - Raum:TF	<b>19:00 - 20:00</b> CrossCircle® Annica - Raum:TF	<b>18:30 - 19:30</b> Choreo Step II Marco - Raum:R1	<b>18:40 - 19:55</b> SPINNING® II Bjoern - Raum:R2	<b>20:00 - 20:15</b> TABATA XPRESS - Raum:TF		
<b>19:00 - 20:30</b> Vinyasa Flow II Yoga Hilke - Raum:R3	<b>19:00 - 20:00</b> SPINNING® I-II Folke - Raum:R2	<b>19:30 - 20:45</b> Medical Yoga 0-1 Jost - Raum:R3	<b>19:30 - 19:55</b> Rücken-Pilates I+II Shaouki - Raum:R3	<b>20:30 - 20:45</b> TABATA XPRESS - Raum:TF		
<b>19:05 - 19:35</b> TRX®-Workout I Bjoern - Raum:R2	<b>19:00 - 20:00</b> BODYPUMP® Vicky - Raum:R1	<b>19:40 - 20:55</b> Power Circle Marco - Raum:R1	<b>19:40 - 20:00</b> BODYPUMP® Marcus - Raum:R1			
<b>19:10 - 20:25</b> Fun-Step II Marco - Raum:R1	<b>19:05 - 20:00</b> Rücken-Pilates I+II Shaouki - Raum:R3	<b>20:00 - 20:15</b> TABATA XPRESS - Raum:TF	<b>19:00 - 20:00</b> CrossCircle® Annica - Raum:TF			
<b>20:00 - 20:15</b> TABATA XPRESS - Raum:TF	<b>20:00 - 20:15</b> TABATA XPRESS - Raum:TF	<b>20:30 - 20:45</b> TABATA XPRESS - Raum:TF	<b>20:00 - 20:15</b> TABATA XPRESS - Raum:TF			
<b>20:30 - 20:45</b> TABATA XPRESS - Raum:TF	<b>20:05 - 20:35</b> TRX®-Workout I Shaouki - Raum:R2		<b>20:00 - 21:00</b> Yin-Yoga Bea - Raum:R3			
<b>20:30 - 21:40</b> Complete Body Workout Marco - Raum:R1	<b>20:05 - 21:20</b> FeetUp® Yoga Saifohn - Raum:R3		<b>20:00 - 21:30</b> Power Workout Marco - Raum:R1			
	<b>20:30 - 20:45</b> TABATA XPRESS - Raum:TF		<b>20:05 - 20:35</b> TRX®-Workout I Shaouki - Raum:R2			
			<b>20:30 - 20:45</b> TABATA XPRESS - Raum:TF			