

LOKAHI LOFT Kursplan 02.01.2018 - 25.03.2018

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Vormittags (bis 12:00 Uhr)						
09:00 - 09:55 Rücken-Pilates I+II Monika - Raum:R1	09:00 - 09:55 Complete Body Workout Frank - Raum:R1	10:00 - 10:15 BACK XPRESS - Raum:TF	09:00 - 09:55 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 Complete Body Workout Amadou - Raum:R1
10:00 - 10:15 BACK XPRESS - Raum:TF	09:45 - 11:00 Muskelfunktionstraining Gerit - Raum:R5	10:00 - 10:55 Complete Body Workout Elena - Raum:R1	10:00 - 10:15 BACK XPRESS - Raum:TF	10:00 - 10:15 BACK XPRESS - Raum:TF	10:00 - 11:00 jumping Fitness Lucas - Raum:R5	10:00 - 11:30 Cycling II Thomas - Raum:R2
10:00 - 10:55 Faszien Workout Monika - Raum:R2	10:00 - 10:15 BACK XPRESS - Raum:TF	11:00 - 12:30 Vinyasa Yoga I-II Jost - Raum:R3	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	11:00 - 12:00 Yoga 0-I Bea - Raum:R3
10:00 - 11:00 Dance-Aerobic I-II Amadou - Raum:R1	10:00 - 10:55 Step I Frank - Raum:R1	11:05 - 12:15 Step II Elena - Raum:R1	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 Step II Amadou - Raum:R1
10:00 - 11:10 Yoga I-II Cornelia - Raum:R3	10:00 - 11:15 Yoga I-II Boris - Raum:R3		11:05 - 12:05 Complete Body Workout Amadou - Raum:R1	10:00 - 11:00 TRX®-Intensive - Raum:R2	11:10 - 12:10 Complete Body Workout Marco - Raum:R1	
11:05 - 12:05 Complete Body Workout Amadou - Raum:R1	11:00 - 11:55 Wirbelsäulen - Gymnastik Frank - Raum:R1			11:10 - 12:10 Cycling I Gerit - Raum:R2		
	11:10 - 12:10 Cycling I-II Gerit - Raum:R2			11:10 - 12:30 Yoga I-II Nikola - Raum:R3		

Nachmittags (12:00 - 18:00 Uhr)						
17:00 - 17:55 Complete Body Workout Bjoern - Raum:R1	16:55 - 17:55 Step II Stefano - Raum:R1	17:30 - 18:25 Fun Aerobic I Manfred - Raum:R1	17:00 - 17:55 FaszienVital BLACKROLL® Shaouki - Raum:R1	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			17:00 - 18:00 jumping Fitness Agnes - Raum:R5	17:00 - 18:10 Choreo Step III Jacek - Raum:R1	12:30 - 13:30 TRX®-Intervall Anna-Maria M. - Raum:R2	12:10 - 13:40 Yoga III Bea - Raum:R3
			17:20 - 18:50 Yoga I-II Saifohn - Raum:R3	17:45 - 18:15 Relax Frank - Raum:R3	14:00 - 15:15 Vinyasa Yoga II Ilaria - Raum:R3	15:00 - 15:55 Wirbelsäulen - Gymnastik Frank - Raum:R1
					16:00 - 16:40 Abs & Back - Raum:TF	16:00 - 17:15 Choreo Step III Frank - Raum:R1
						17:00 - 17:15 TABATA XPRESS - Raum:TF

Abends (ab 18:00 Uhr)						
18:00 - 19:00 BODYPUMP® Chris - Raum:R1	18:00 - 18:45 TRX®-Workout I Stefano - Raum:R2	18:00 - 19:20 Yoga I-II Andrea - Raum:R3	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 - 18:45 ABS XPRESS - Raum:TF	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 Yoga 0-I Jost - Raum:R3	18:30 - 19:25 Complete Body Workout Manfred - Raum:R2	18:30 - 18:45 ABS XPRESS - Raum:TF	18:30 - 20:00 Vinyasa Yoga II Bettina - Raum:R3		
19:00 - 20:30 Vinyasa Yoga II Hilke - Raum:R3	18:30 - 18:45 ABS XPRESS - Raum:TF	18:30 - 19:30 Choreo Step II Marco - Raum:R1	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 BODYPUMP® Vicky - Raum:R1	19:30 - 21:00 Ashtanga Yoga II Jost - Raum:R3	19:00 - 19:55 Rücken-Pilates I+II Shaouki - Raum:R3	20:05 - 21:20 Yin-Yoga Bettina - Raum:R3		
19:10 - 20:25 Fun-Step II Marco - Raum:R1	19:00 - 20:00 Cycling I-II - Raum:R2	19:40 - 20:55 Power Circle Marco - Raum:R1	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	20:00 - 20:15 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	20:30 - 20:45 TABATA XPRESS - Raum:TF	20:00 - 20:45 TRX®-Intensive Shaouki - Raum:R5			
20:30 - 21:40 Complete Body Workout Marco - Raum:R1	20:05 - 21:00 ZUMBA® - Raum:R1		20:00 - 21:30 Power Workout Marco - Raum:R1			
	20:05 - 21:05 TRX®-Intensive Takis - Raum:R2		20:30 - 20:45 TABATA XPRESS - Raum:TF			
	20:05 - 21:05 Yin-Yoga Bea - Raum:R3					
	20:30 - 20:45 TABATA XPRESS - Raum:TF					