

LOKAHI LOFT Kursplan 01.10.2018 - 23.12.2018

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	10:00 - 10:15 BACK XPRESS - Raum:TF	09:00 - 10:00 Ashtanga Yoga I-II Sea - Raum:R3	09:00 - 09:55 Wirbelsäulen - Gymnastik Gerit - Raum:R3	09:00 - 09:55 Jumping Fitness Lucas - 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 - 10:55 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 Complete Body Workout Marco - Raum:R1	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	11:00 - 12:30 Vinyasa Flow I-II Yoga 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	10:00 - 11:30 Cycling II Thomas - Raum:R2
10:00 - 11:00 Dance-Aerobic II Amadou - Raum:R1	10:00 - 10:15 BACK XPRESS - Raum:TF	11:05 - 12:15 Choreo 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 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 - 12:05 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:R2	16:55 - 17:55 Choreo Step II Stefano - Raum:R1	17:30 - 18:25 Fun Aerobic I Manfred - Raum:R1	17:00 - 17:55 Jumping Fitness Agnes - Raum:R1	16:30 - 17:30 Choreo Step III Jacek - Raum:R1	12:25 - 13:55 Power Drill Marco - Raum:R1	12:10 - 13:10 Rücken-Pilates I+II Amadou - Raum:R1
17:00 - 17:55 Jumping Fitness Lena - Raum:R1		17:45 - 19:15 Yoga I-II Andrea - Raum:R3	17:00 - 17:55 FaszienVital BLACKROLL® Shaouki - Raum:R2	16:45 - 17:40 Wirbelsäulen - Gymnastik Frank - Raum:R3	12:30 - 13:30 Functional Circle - Raum:TF	13:25 - 13:55 FaszienVital BLACKROLL® Frank - Raum:R1
17:20 - 18:50 Yoga I-II Boris - Raum:R3			17:20 - 18:50 Yoga I-II Saifohn - Raum:R3	17:35 - 18:30 Complete Body Workout Jacek - Raum:R1	12:30 - 13:45 FeetUp® Yoga Boris - Raum:R3	14:00 - 15:00 Wirbelsäulen - Gymnastik Frank - Raum:R1
				17:45 - 18:15 Relax Frank - Raum:R3	14:00 - 15:30 Vinyasa Flow II Yoga Ilaria - Raum:R3	14:00 - 16:00 LOKAHI LOFT special - Raum:?
					16:00 - 16:40 Abs & Back - Raum:TF	15:05 - 16:15 Choreo Step III Elena - 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	18:30 - 18:45 ABS XPRESS - Raum:TF	18:00 - 18:30 TRX®-Workout I Bjoern - Raum:R2	18:30 - 18:45 ABS XPRESS - Raum:TF		
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 - 20:00 Vinyasa Flow II Yoga Bettina - Raum:R3		
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	18:40 - 19:40 bodyART® Anna-Maria - Raum:R1		
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 - 21:00 Yin-Yoga Bea - Raum:R3			
20:30 - 21:40 Complete Body Workout Marco - Raum:R1	20:05 - 20:35 TRX®-Workout I Shaouki - Raum:R2		20:00 - 21:30 Power Workout Marco - Raum:R1			
	20:05 - 21:20 FeetUp® Yoga Saifohn - Raum:R3		20:05 - 20:50 TRX®-Intensive Shaouki - Raum:R2			
	20:30 - 20:45 TABATA XPRESS - Raum:TF		20:30 - 20:45 TABATA XPRESS - Raum:TF			