

**Gültig ab 20.11.2024**

## Kursplan Weilheim

### Montag

09:15 – 10:45 Yoga Balance - Noel  
18:00 – 19:00 Zumba – Vroni  
19:00 – 20:00 All in One Fitness - Michi

### Dienstag

09:15 – 10:15 Bodystyling – Pia  
10:15 – 11:15 Fatburner - Pia  
18:15 – 19:15 Bodystyling - Johanna  
19:30 – 20:30 Indoor Cycling - Johanna  
19:00 – 20:30 Hatha Yoga f. Anfänger -Noel

### Mittwoch

### Donnerstag

09:15 – 10:15 Rückenfitness - Pia  
10:15 – 11:15 Core & Stretch - Pia  
17:30 – 18:30 Zumba - Vroni  
18:30 – 19:30 MaxxF – Lothar  
19:00 – 20:30 Yoga f. geübte – Noel  
19:45 – 20:45 Indoor Cycling - Lothar

### Freitag

### Samstag

### Sonntag

09:30 – 11:00 Indoor Cycling – Otto ab  
17:30 – 19:00 Hatha Yoga f. Anfänger – Noel

**Bitte für die Kurse online  
anmelden**

**[www.sportstudio-guffanti.de](http://www.sportstudio-guffanti.de)**

## Kursplan Peißenberg

### Montag

09:00 – 10:00 Step - Moni  
10:00 – 11:00 Bodystyling – Moni  
10:00 – 10:45 Aqua – Ashley ab 2.12.  
18:00 – 18:45 Aqua - Irmis  
18:00 – 19:00 Rücken - Babsi  
19:00 – 20:00 Langhantel - Babsi  
19:30 – 20:30 Wave – Rudi

### Dienstag

10:15 – 11:15 Indoor Cycling – Klaus  
17:30 – 18:15 Aqua – Amelie  
17:30 – 18:30 Workout - Bibi  
18:30 – 19:30 Indoor Cycling - Viktor

### Mittwoch

09:00 – 10:00 Rücken – Babsi  
10:15 – 11:00 Aqua - Babsi  
18:00 – 19:00 Cardio meets Core – Susi  
18:15 – 19:00 Aqua – Ashley ab 2.12.  
19:00 – 20:00 Workout - Susi

### Donnerstag

17:30 – 18:15 Aqua – Amelie  
19:30 – 20:30 Indoor Cycling – Franz

### Freitag

09:00 – 10:00 Step - Moni  
10:00 – 11:00 Bodystyling -Moni  
17:30 – 18:30 Bosu Power - Bibi  
18:30 – 19:30 Back & Stretch – Bibi  
19:30 – 20:30 Wave – Rudi

### Samstag

### Sonntag

09:00 – 10:30 Hatha-Yoga - Noel