


# Kursplan

26.09.2022 - 02.10.2022

BATAVIA  
Kapuzinerstr. 26  
94032 Passau  
0851 9312300  
info@batavia-fitness.de

**BATAVIA**  
Gesundheit & Fitness & Wellness

Montag 26.09.2022	Dienstag 27.09.2022	Mittwoch 28.09.2022	Donnerstag 29.09.2022	Freitag 30.09.2022	Samstag 01.10.2022	Sonntag 02.10.2022
10:00 - 10:55 Faszien - Yoga Sibylle	08:30 - 09:25 WS & Beckenboden Ursulla	09:00 - 09:55 Zumba Trixi	08:45 - 10:00 Qi Gong Ursulla	09:30 - 10:25 Pilates Ursulla	09:30 - 10:25 Body Workout Sabrina	09:30 - 10:25 <b>Spinning</b> Petra & Sabrina & Birgit
15:00 - 15:55 Funktioneller Zirke...	09:30 - 10:25 Balance & Flow Ursulla	10:05 - 11:00 Yoga Bettina	18:00 - 18:55 WS Gymnastik Karin	10:35 - 11:20 Stretch & Relax Ursula	10:35 - 11:30 Good Morning Yoga Sabrina	18:00 - 18:55 Iron System Astrid
16:00 - 16:55 Pilates Michaela	10:00 - 10:55 Yoga-Pilates Bettina	10:05 - 10:35 Bodystyling Trixi	19:00 - 19:55 Functional Verena	18:00 - 18:55 Iron System Astrid		
17:30 - 18:55 <b>Jazz Dance</b> Bettina	18:00 - 18:55 <b>Body Workout</b> Karin	18:05 - 19:00 Langhantel Training... Karin	19:00 - 19:55 Pilates Bettina	19:00 - 19:55 <b>Deep Work</b> Astrid		
18:00 - 18:55 Mobility moves Jürgen	19:00 - 19:55 <b>Functional</b> Philip	18:05 - 19:00 Core basic - Bauch ... Petra	19:05 - 20:00 <b>Fatburner Step</b> Karin			
18:00 - 18:55 Fatburner + Bauch i... Miriam	19:05 - 20:00 WS Gymnastik Karin	18:05 - 19:00 BodyART Karin	20:05 - 21:00 Yoga Bettina			
19:00 - 19:55 Spinning basic Emily	20:00 - 20:55 Yoga Lisa	19:05 - 20:00 Spinning basic Petra				
19:05 - 20:00 <b>Jumping</b> Marco						
19:05 - 20:00 Body Balance Miriam						
19:15 - 20:30 Qi Gong Ursulla						

 Auch für Einstei...

 Für Geübte

Stand: 01.10.2022