

MERIDIAN SPA Kursplan MeridianSpa Wandsbek

Montag 30.05.2011	Dienstag 31.05.2011	Mittwoch 01.06.2011	Donnerstag 02.06.2011	Freitag 03.06.2011	Samstag 04.06.2011	Sonntag 05.06.2011
9.30 - 10.15 6 Rückengym Martina	7.30 - 9.00 M1 Yoga Rücken & Gelenke Kirti	9.15 - 10.00 1 Gym Plus Georgia	10.00 - 10.45 3 Bauch Beine Po Steffi	9.15 - 10.45 M1 Hatha Yoga Basic Mathias	9.45 - 10.30 3 Bauch Beine Po Steffi	10.00 - 10.45 3 Gym Meike
10.15 - 11.00 3 Flexi-Bar Workout N.N.	9.15 - 10.15 3 Feldenkrais Rüdiger	9.30 - 11.00 O Nordic Walking & Intro Stadtspark/Jahnkampfbahn	10.45 - 11.30 1 Step I Steffi	9.30 - 10.00 P Aqua Fit Philip	10.30 - 11.15 3 Dance Class Basic Steffi	10.45 - 11.15 G SWITCHING Express MeridianSpa-Team
10.15 - 11.00 6 Step Basic Martina	9.30 - 10.00 2 Bauchgym MeridianSpa-Team	10.00 - 10.45 3 Rückengym Plus Halil	11.30 - 12.30 3 Zumba Rico	10.15 - 11.00 3 Stretch & Relax Philip	14.00 - 14.45 3 Rückengym Noemi	10.45 - 11.30 3 Aerobic I Meike
10.30 - 11.00 G SWITCHING Express MeridianSpa-Team	10.15 - 10.45 G SWITCHING Express MeridianSpa-Team	10.00 - 10.45 1 Step Basic Georgia	12.30 - 13.15 1 Rückengym Wiebke	10.30 - 11.00 G SWITCHING Express MeridianSpa-Team	14.00 - 14.45 1 Step I Manuela	11.30 - 12.00 6 Bauchgym MeridianSpa-Team
11.00 - 11.45 3 Stretch & Relax Dagmar	10.15 - 11.00 1 Stretch & Relax Dagmar	10.30 - 11.00 G SWITCHING Express MeridianSpa-Team	12.45 - 13.15 P Aqua Fit Rico	10.45 - 12.15 M1 Hatha Yoga I Mathias	15.00 - 15.45 3 Gym Manuela	11.30 - 12.15 1 Step I Meike
11.15 - 12.30 O Nordic Walking Basic N.N.	10.30 - 11.15 6 Aerobic Basic Philip	10.45 - 11.45 1 Step II Halil	13.15 - 14.00 1 Gym Plus Wiebke	11.15 - 12.15 1 KRAFTWORKS! Philip	15.00 - 16.00 1 KRAFTWORKS! Noemi	12.30 - 14.00 M1 Yoga Rishikesh I Vertretung
11.15 - 12.45 M1 Hatha Yoga Basic Martina	10.30 - 11.30 3 Pilates Basic Martina	11.00 - 11.30 P Aqua WORKS! Georgia	14.00 - 15.00 3 Zen Gym Marisa	11.30 - 12.15 P Aqua KickPunch Georgia	16.00 - 16.45 P Aqua KickPunch Noemi	13.45 - 14.15 P Aqua WORKS! Güldane
11.45 - 12.30 1 Gym Plus Dagmar	11.30 - 12.15 6 Rückengym Philip	11.30 - 12.00 P Aqua Fit Georgia	14.00 - 15.15 1 Box Workout Derya	12.15 - 12.45 P Aqua Fit Georgia	16.00 - 17.00 4 SPINNING Tilman	14.15 - 15.30 6 Box Workout Darius
12.45 - 13.15 P Aqua Fit Dagmar	12.30 - 13.00 P Aqua Fit Philip	16.15 - 17.15 M1 Yogalates Martina	15.00 - 15.45 3 PNF-Gym Marisa	17.00 - 17.45 3 Rückengym Jessica	16.45 - 17.45 M1 Feldenkrais Rüdiger	14.30 - 15.15 3 Rückengym Güldane
13.15 - 13.45 P Aqua Gym Dagmar	15.00 - 15.45 1 Rückengym Plus Eva	17.15 - 18.00 M1 Stretch & Relax Martina	15.30 - 16.30 1 Step II Meike	17.00 - 17.45 1 Gym Plus Susanne	17.00 - 18.15 1 Step Superclass Meike	15.15 - 15.45 3 Stretching Noemi
16.45 - 17.30 3 Rückengym Dorothee	16.00 - 16.30 P Aqua Gym Eva	17.15 - 18.00 3 Gym Claudia	16.45 - 17.45 1 KRAFTWORKS! Meike	17.30 - 19.00 M1 Yoga Rishikesh Basic Pauline		15.30 - 16.00 P Aqua Fit Güldane
17.00 - 18.30 M1 Yoga Rücken & Gelenke Kirti	17.45 - 18.30 3 Bauch Beine Po Meike	18.00 - 18.30 G SWITCHING Express MeridianSpa-Team	17.00 - 18.30 4 SPINNING Tim	17.45 - 18.30 1 Step I Jessica		15.45 - 16.30 1 Gym Plus Noemi
17.30 - 18.15 1 Gym Plus Halil	17.45 - 18.30 1 Rückengym Marilyn	18.00 - 18.45 3 Rückengym Eva	17.00 - 18.30 M1 Yoga Rishikesh Basic Pauline	17.45 - 18.30 3 Stretch & Relax Susanne		16.00 - 17.00 4 SPINNING Fritz
17.30 - 18.15 3 Aerobic Basic Dorothee	17.45 - 18.45 M1 Feldenkrais Rüdiger	18.15 - 19.15 1 KRAFTWORKS! Claudia		18.00 - 19.15 6 Step Superclass Meike		16.30 - 17.15 1 Step Basic Angela
18.30 - 19.00 G SWITCHING Express MeridianSpa-Team	18.00 - 18.50 G SWITCHING MeridianSpa-Team	18.30 - 19.00 P Aqua WORKS! Manuela		18.30 - 20.00 4 SPINNING Norbert		17.15 - 18.15 1 KRAFTWORKS! Angela
18.30 - 19.00 P Aqua Gym Dorothee	18.30 - 19.30 1 Step II Meike	18.30 - 20.00 M1 Yoga Rücken & Gelenke Kirti		18.45 - 19.45 1 KRAFTWORKS! Susanne		18.15 - 19.15 3 Pilates I Claudia F.
18.30 - 19.15 6 Step I Carola	18.30 - 19.45 6 Box Workout Mahir	18.45 - 19.45 3 Pilates Basic Eva		19.15 - 20.00 6 Gym Meike		
18.30 - 19.30 1 KRAFTWORKS! Arman	18.45 - 19.30 P Aqua KickPunch Claudia	19.00 - 19.30 6 Bauchgym MeridianSpa-Team				
18.30 - 19.30 3 Dance Class I Halil	18.45 - 19.45 M1 Yoga Nidra Ambika	19.00 - 20.00 O Laufen Außenalster/Cliff				
18.45 - 20.15 M1 Yoga der 5 Elemente Kirti	19.00 - 19.15 4 SPINNING Intro Dirk	19.15 - 20.15 1 Step Intervall Manuela				
19.15 - 20.00 6 Modern Moves Carola	19.15 - 20.15 4 SPINNING Dirk	19.15 - 20.45 4 SPINNING Katja				
19.30 - 19.45 1 FLOWIN Intro Arman	19.30 - 19.45 1 KRAFTWORKS! Intro Philip	19.30 - 20.30 6 Zumba Rico				
19.30 - 20.30 3 Pilates Basic Susa	19.30 - 20.15 3 Gym Steffi	20.00 - 21.00 3 Tanzkreis Mirco				
19.30 - 20.30 2 Tai Chi Modern Style Alexander	19.45 - 20.45 1 KRAFTWORKS! Philip	20.00 - 21.30 M1 Hatha Yoga Kirti				
19.30 - 21.00 4 SPINNING Torsten	19.45 - 21.15 M1 Yoga Rishikesh I Ambika					
19.45 - 20.30 1 FLOWIN Arman	20.15 - 21.00 3 Stretch & Relax Steffi					
20.30 - 21.15 3 Rückengym Susa						
						Änderung von

Einsteiger

Fortgeschrittene

Jedermann

Mittelstufe

Outdoor

Änderung von
Uhrzeit, Trainer
oder Raum

Liebe Mitglieder und Gäste, wir wünschen Ihnen viel Freude in den Kursen. Bei Fragen zum Kursplan wenden Sie sich bitte an die Kursberatung:
Philip Braun · Fon 040/65 89-10 87 · Termine nach Vereinbarung · Kurzfristige Änderungen des Kursplans und Irrtümer vorbehalten.
Mo, Mi 9-23 · Di, Do, Fr 7-23 · Sa, So, feiertags 9-22 Uhr · Kinderbetreuung: Mo, Di, Do 9-13 · Mi 9-19 · Fr 9-13 und 16-19.30 · Sa 13.30-17.30 · So 10-16 Uhr