**5. Woche (04.08.-10.08.25)**

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| **Mo. 04.08.** | **Di. 05.08.** | **Mi. 06.08.** | **Do. 07.08.** | **Fr. 08.08.** | **Sa** | **So. 10.08.** |
|  |  |  |  |  |  |  |
| 09:15-10:45  Kraftraum  **Präventives**  **Rückentraining**  (Anmeldung erforderlich)  Cordula | 09:00–10:00  S2, TS  **Rückenfit**  Cordula | 10:15-11:15  S2, TS  **BBP**  Dixy | 9:00-10:00  S2, TS  **Pilates**  Cordula | 09:15-10:45  Kraftraum  **Bodywork**  **out**  (Anmeldung erforderlich)  Cordula |  |  |
| 09:30-11:00  S2, TS  **Ashtanga-Yoga**  Katja |  | 17:00-17:45  S2, TS  **Barbell Workout**  Laura | 10:15-11:15  S2, TS  **Beckenboden**  **Bauch+R**  Susanne | 09:35-10:35  S2, TS  **Step-**  **Workout**  Karina | 10:00-11:00  S2, TS  **Body Complete** |
|  | 17:00-18:00  Outdoor  **Cardio-Step & Kräftigung**  Karina | 18:00-19:00  S2, TS  **Cross-**  **training**  Laura | 11:20-12:20  S2, TS  **Vinyasa Yoga**  Susanne | 11:00-12:00  S2, TS  **RückenFit**  Cordula |  |
| 15:15-16:45  S2, TS  **Yoga und**  **Entspannung**  Gabriele | 18:00-19:00  IC Raum  **Indoor Cycling**  Ralf | 18:00-19:00  Exerzierplatz  Wetzlar  **Bodyworkout**  Cordula | 16:00-18:00  Kraftraum  **XXL-**  **Kraftraum**  Petra | 18:00-19:00  S2, TS  **Ski- &**  **Fitnessgym.**  Uschi |
| 17:00-18:00  S2, TS  **Dance Step**  Antje | 19:30-20:30  Kraftraum  **KAB** Zirkeltraining  Ralf | 19:00-20:00  S2, TS  **BBP+R**  Dixy | 18:00-19:00  S2, TS  **BBP+R**  Dixy | 18:00-19:00  Outdoor  gr.Parkplatz  **Zirkeltraining**  Ulrike |
| 17:55-18:55  Outdoor  **Functional Fit**  Laura | 19:30-20:30  S2, TS  **Curvy Fitness**  Ulrike | 19:15-20:15  Exerzierplatz  Wetzlar  **Bodyfit für Männer**  Cordula |  |  |
| 18:00-19:00  **Bodyworkout**  Outdoor  gr.Parkplatz  Cordula |  |  |  |  |  |

**6. Woche (11.08.-17.08.25)**

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| **Mo. 11.08.** | **Di. 12.08.** | **Mi. 13.08.** | **Do. 14.08.** | **Fr. 15.08.** | **Sa. 16.08.** | **So. 17.08.** |
|  |  |  |  |  |  |  |
| 09:15-10:45  Kraftraum  **Präventives**  **Rückentraining**  (Anmeldung erforderlich)  Cordula | 09:00–10:00  S2, TS  **Rückenfit**  Cordula | 7:30-8:30  IC-Raum  **Indoor Cycling**  Norbert | 9:00-10:00  S2, TS  **Pilates**  Cordula | 09:15-10:45  Kraftraum  **Bodywork**  **out**  (Anmeldung erforderlich)  Cordula |  |  |
| 09:30-11:00  S2, TS  **Ashtanga-Yoga**  Katja |  | 10:15-11:15  S2, TS  **BBP**  Dixy | 10:15-11:15  S2, TS  **Beckenboden**  **Bauch+R**  Susanne | 09:35-10:35  S2, TS  **Step-**  **Workout**  Karina |  | 10:00-11:00  S2, TS  **Body Complete** |
| 15:15-16:45  S2, TS  **Yoga und**  **Entspannung**  Gabriele | 17:00-18:00  Outdoor  **Cardio-Step & Kräftigung**  Karina | 17:00-17:45  S2, TS  **Barbell Workout**  Laura | 11:20-12:20  S2, TS  **Vinyasa Yoga**  Susanne | 11:00-12:00  S2,TS  **RückenFit**  Cordula |  |
| 17:00-18:00  S2, TS  **Dance Step**  Antje | 18:00-19:00  IC Raum  **Indoor Cycling**  Ralf | 18:00-19:00  S2, TS  **Cross-**  **training**  Laura | 16:00-18:00  Kraftraum  **XXL-**  **Kraftraum**  Petra | 18:00-19:00  S2, TS  **Ski- &**  **Fitnessgym.**  Uschi |
| 17:55-18:55  Outdoor  **Functional Fit**  Laura |  | 18:00-19:00  Exerzierplatz  Wetzlar  **Bodyworkout**  Cordula | 18:00-19:00  S2, TS  **BBP+R**  Dixy | 18:00-19:00  Outdoor  gr.Parkplatz  **Zirkeltraining**  Ulrike |
| 18:00-19:00  **Bodyworkout**  Outdoor  gr.Parkplatz  Cordula | 19:30-20:30  Kraftraum  **KAB** Zirkeltraining  Ralf | 19:00-20:00  S2, TS  **BBP+R**  Dixy |  |  |
|  | 19:30-20:30  S2, TS  **Curvy Fitness**  Ulrike | 19:15-20:15  Exerzierplatz  Wetzlar  **Bodyfit für Männer**  Cordula |  |  |