



Lufthansa Sportverein Hamburg e.V.

Fitness & Gesundheit - Kursübersicht

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
8:00 - 9:00 Yoga am Morgen Gymnastikhalle Basis				7:45 - 8:45 morning workout Gymnastikhalle Basis
11:00 - 12:00 Yin Yoga Gymnastikhalle Basis	12:00 - 13:00 Power Yoga Gymnastikhalle Basis		12:15 - 13:00 fitness and stability Gymnastikhalle Basis	11:00 - 11:45 Funktionelles Training Kursraum LSV Anlage
12:00 - 13:00 Faszien Fitness Gymnastikhalle Basis	13:00 - 14:00 Yoga & Stretching Gymnastikhalle Basis		13:00 - 13:45 Funktionelles Training Gymnastikhalle Basis	
	13:45 - 14:30 Funktionelles Training Yogaraum Basis	14:00 - 15:00 Pilates Gymnastikhalle Basis	14:00 - 14:30 PME Gymnastikhalle Basis	
	15:00 - 16:00 Special	15:00 - 16:00 TRX Sling-Training Gymnastikhalle Basis		
	17:15 - 18:15 Gymnastik Kursraum LSV Anlage	16:00 - 16:30 PME Gymnastikhalle Basis		
	18:15 - 19:00 Funktionelles Training Kursraum LSV Anlage	17:00 - 18:00 Pilates Kursraum LSV Anlage		18:00 - 19:00 complete body workout Sporthalle LSV Anlage