

# USI LIVE ONLINE KURSE: Inskription usi:online Fr. 03.04.2020, 10.00 Uhr

|                   | MONTAG   | DIENSTAG   | MITTWOCH  | DONNERSTAG   | FREITAG  |  |
|-------------------|--|--|---|--|--|--|
| <b>Vormittag</b>  |  |  |   |  |  |  |
| 08.00 - 08.15     |  | 609<br><b>AKTIVIERUNGS YOGA</b><br>Natalie Rumpl<br>08.00-09.00                    |   |  |  |  |
| 08.15 - 08.30     |  |  |   |  |  |  |
| 08.30 - 08.45     |  |  | 616<br><b>AUSGLEICHSGYMNASTIK</b><br>Vanessa Mühlanger<br>08.30-09.30 |  |  |  |
| 08.45 - 09.00     |  |  |   |  |  |  |
| 09.00 - 09.15     | 614<br><b>STRENGTH &amp; STRETCH</b><br>Vanessa Mühlanger<br>09.00-10.00 |  |   |  |  |  |
| 09.15 - 09.30     |  |  |   |  |  |  |
| 09.30 - 09.45     |  |  |   |  |  |  |
| 09.45 - 10.00     |  |  |   |  |  |  |
| <b>Nachmittag</b> |  |  |   |  |  |  |
| 16.00 - 16.15     |  |  |   |  |  |  |
| 16.15 - 16.30     |  |  |   |  |  |  |
| 16.30 - 16.45     |  |  |   |  | 604<br><b>THERABAND-KRÄFTIGUNG</b><br>Carola Rainer<br>16.30-17.30 |  |
| 16.45 - 17.00     |  |  |   |  |  |  |
| 17.00 - 17.15     | 601<br><b>TABATA</b><br>Carola Rainer<br>17.00-18.00                     | 606<br><b>FAYO FASZIENYOGA</b><br>Yvonne Letonja<br>17.00-17.50                    | 607<br><b>PILATES</b><br>Yvonne Letonja<br>17.00-17.50                | 602<br><b>HOME WORK(OUT)</b><br>Carola Rainer<br>17.00-18.00   |  | 613<br><b>WIRBELSÄULENTRAINING / STARKER RÜCKEN</b><br>Jennifer Fischer<br>17.00-17.40 |
| 17.15 - 17.30     |  |  |   |  |  |  |
| 17.30 - 17.45     |  |  |   |  |  |  |
| 17.45 - 18.00     |  |  |   |  |  |  |
| 18.00 - 18.15     |  |  |   |  |  |  |
| 18.15 - 18.30     |  |  |   |  |  |  |
| 18.30 - 18.45     |  |  | 610<br><b>YOGA</b><br>Natalie Rumpl<br>18.15-19.15                    |  |  |  |
| 18.45 - 19.00     |  |  |   |  |  |  |
| 19.00 - 19.15     |  | 615<br><b>DANCE FITNESS &amp; KOORDINATION</b><br>Vanessa Mühlanger<br>19.00-20.00 |   |  |  |  |
| 19.15 - 19.30     |  |  |   |  |  |  |
| 19.30 - 19.45     |  |  |   |  |  |  |
| 19.45 - 20.00     |  |  |   |  |  |  |
| 20.00 - 20.15     |  |  |   | 603<br><b>RUMPF IST TRUMPF</b><br>Carola Rainer<br>19.30-20.30 |  |  |
| 20.15 - 20.30     |  |  |   |  |  |  |