



**SPORTATELIER WALDAU**  
**OUTDOOR & INDOOR**  
 BY SUSANNE DIEDENHOFEN

# KURSPLAN

|            | MONTAG                                                     | DIENSTAG                                 | MITTWOCH                                             | DONNERSTAG                                                      | FREITAG                                              | SAMSTAG                                                   |
|------------|------------------------------------------------------------|------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------|
| MORGEN     |                                                            |                                          | <b>GOOD MORNING FIT-MIX</b><br>9:30-10:30<br>SUSANNE | <b>PERSONAL TRAINING</b><br>auf Anfrage<br>SUSANNE              | <b>YOGILATES</b><br>9:30-10:30<br>SUSANNE            | <b>GOOD-MORNING YOGA</b><br>9:30-10:30<br>SUSANNE / KATJA |
| VORMITTAG  | <b>PILATES</b><br>10:45-11:45<br>SUSANNE                   |                                          |                                                      | <b>PERSONAL TRAINING</b><br>auf Anfrage<br>SUSANNE              | <b>PERSONAL TRAINING</b><br>auf Anfrage<br>SUSANNE   |                                                           |
| NACHMITTAG | <b>STRETCHING &amp; MOBILITY</b><br>17:15-17:45<br>SUSANNE |                                          | <b>PERSONAL TRAINING</b><br>auf Anfrage<br>SUSANNE   | <b>PERSONAL TRAINING</b><br>auf Anfrage<br>SUSANNE              |                                                      |                                                           |
| ABEND      | <b>4XF FITCAMP</b><br>18:00-19:00<br>SUSANNE               | <b>PILATES</b><br>18:00-19:00<br>SUSANNE | <b>RÜCKENFIT</b><br>18:00-19:00<br>SUSANNE           | <b>YOGA MEETS BODY, MIND&amp;SOUL</b><br>18:00-19:30<br>SUSANNE | <b>4XF FITCAMP</b><br>18:00-19:00<br>SUSANNE / JULIA |                                                           |
| ABEND      | <b>YOGA</b><br>19:15-20:45<br>NADJA / ANGELIQUE            | <b>TABATA</b><br>19:15 - 20:15<br>JULIA  | <b>YIN YOGA</b><br>19:15-20:15<br>SUSANNE            |                                                                 |                                                      |                                                           |