KURSE

Rückgrat ALTER ZOLLHOF

#GESUNDHEIT BRAUCHT FITNESS

MONTAG

08.00 (90 Min)	Hatha Yoga	3
09.30	fle-xx WS	1
09.30	Pilates	3
10.30 (90 Min)	Hatha Yoga	3
10.35	Eutonie	1
17.30 (30 Min)	Core	1
17.30	Pilates	3
18.00	Box Fitness	1
18.15	LMI Step	2
18.30 (90 Min)	Ashtanga Yoga	3
19.15	BodyPump	1
19.30	fle-xx WS	2
20.00	Hatha Yoga	3

DIENSTAG

09.30	fle-xx WS	1
09.30	Pilates	3
10.30	BodyPump	1
10.30	Bodyforming	2
10.30 (90 Min)	Vinyasa Yoga	3
17.00	Bodyforming	1
17.00	Pilates	3
18.00	Dance	1
18.00 (90 Min)	Hatha Yoga	3
18.15	fle-xx WS	2
19.15	BodyPump	2
19.30	Meditation	3

MITTWOCH

08.00	Vinyasa Yoga	3
09.30	fle-xx WS	1
09.30	Pilates	3
10.30	Feldenkrais	1
10.30 (90 Min)	Vinyasa Yoga	3
12.30	Vinyasa Yoga	3
17.00	Dance	1
17.00	Pilates	3
18.00	BodyPump	1
18.00	Pilates	3
19.00	fle-xx WS	2
19.00 (90 Min)	Hatha Yoga	3
19.15	deepWORK	1
20.30	Pilates	3

DONNERSTAG

09.30	fle-xx WS	1
10.30	BodyPump	1
10.35	Pilates	3
16.00 (90 Min)	Kundalini Yoga	3
17.00	fle-xx WS	1
17.30 (30 Min)	Core	2
17.30 (90 Min)	Vinyasa Yoga	3
18.00	deepWORK	1
18.00	Body-forming	2
19.00	BodyAttack	2
19.00	Pilates	3
20.00 (90 Min)	Hatha Yoga	3

FREITAG

08.45	Pilates	3
09.30	Body-forming	1
10.00 (90 Min)	Vinyasa Yoga	3
16.00 (90 Min)	Hatha Yoga	3
17.00	fle-xx WS	1
17.30	BodyPump	2
17.30	Pilates	3
18.30 (90 Min)	Ashtanga Yoga	3

SAMSTAG

09.30 (90 Min)	Ashtanga Yoga	3
10.30	LMI Step	1
11.00 (90 Min)	Vinyasa Yoga	3
16.30	Pilates	3
17.00	BodyPump	1
17.30	deepWORK	2
17.30 (90 Min)	Hatha Yoga	3

SONNTAG

09.30	Hatha Yoga	3
10.00	World Jumping	1
10.30 (90 Min)	Hatha Yoga	3
11.00	Body-forming	1
17.00	Pilates	3
17.30	fle-xx WS	1

Figur & Kräftigung | Rücken & Gesundheit / Yoga | Cardio

RÜCKGRAT
Sport & Gesundheit