

KURSE

Rückgrat STÜHLINGER

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 fle-xx WS	09.30 Pilates	08.30 Pilates	09.30 Pilates	09.30 ^{90 Min} Vinyasa Yoga	10.00 ^{90 Min} Pilates	
10.30 ^{90 Min} Vinyasa Yoga	10.30 BodyPump	09.30 fle-xx WS	10.30 Bodyforming	17.45 ^{30 Min} Core	10.30 deepWork 2	
17.00 ^{45 Min} BodyPump	11.40 ^{30 Min} fle-xx WS	16.00 ^{90 Min} Kundalini Yoga 2	17.30 Pilates	17.45 Indoor Cycling 2	17.30 BodyPump	
17.30 ^{90 Min} Vinyasa Yoga 2	17.00 ^{45 Min} Indoor Cycling 2	17.30 fle-xx WS 2	17.30 Indoor Cycling 2	18.15 BodyAttack		
17.45 BodyPump	18.00 Dance	18.00 Pilates	18.30 Bodyforming	19.00 fle-xx WS 2		
19.00 BodyAttack	18.00 fle-xx WS 2	18.30 Indoor Cycling 2	18.30 ^{90 Min} Ashtanga Yoga 2	19.15 BodyPump		
19.00 Indoor Cycling 2	19.00 ^{30 Min} Core	19.00 BodyPump	19.30 BodyPump			09.00 fle-xx WS
20.00 Bodyforming	19.00 Pilates 2	19.30 ^{45 Min} Indoor Cycling 2	20.00 fle-xx WS 2			10.15 BodyPump
20.10 fle-xx WS 2	19.30 ^{30 Min} fle-xx WS	20.30 ^{30 Min} fle-xx WS 2				11.30 Dance
	20.00 ^{90 Min} Vinyasa Yoga 2					11.30 BodyBalance 2



■ Figur & Kräftigung ■ Rücken & Gesundheit / Yoga ■ Cardio