KURSE

Rückgrat WOMAN

RÜCKGRAT
Sport & Gesundheit

MONTAG

08.00	BodyPump	
09.30	Dance	
10.30 (30 Min)	Dehnen mit Thai-Einflüssen	
17.30 (30 Min)	bootyBoost	
18.00 (30 Min)	Core	
18.00	bodyArt	2
18.30	Pilates	
19.00	fle-xx WS	2
19.30 (90 Min)	Vinyasa Yoga	

DIENSTAG

09.30	fle-xx WS	
10.30	Beckenboden	
13.30 (90 Min)	Hatha Yoga	
16.30	Ballett Exercises	
17.30	Faszientraining	
18.30	fle-xx WS	
19.30	Bodyforming	
20.30	Pilates	

MITTWOCH

09.00 (30 Min)	fle-xx WS	
09.30	Bodyforming	
10.30	Pilates	
16.00	Pilates	
17.00	Piloxing	
18.00	Vinyasa Yoga	
19.00	BodyPump	
20.00	fle-xx WS	2

DONNERSTAG

08.30	Beckenboden	
09.30	Pilates	
10.30	Cardio	
11.30	BodyBalance	
12.30 (90 Min)	Kundalini Yoga	
17.30	bodyArt	2
18.00 (30 Min)	Hula Hoop	
18.30	Dance	
19.30 (90 Min)	Vinyasa Yoga	

FREITAG

09.30	Dance	
10.30	Dance & Dehnen	
14.00 (90 Min)	Pilates	
16.00 (30 Min)	Core	2
16.30	BodyPump	
16.30	deepWork	2
17.45	Cardio	
18.45 (90 Min)	Hatha Yoga	

SAMSTAG

09.30	fle-xx WS	
10.30	Dance	
11.30	Bodyforming	

SONNTAG

09.30 (30 Min)	Hula Hoop	
10.00 (30 Min)	bootyBoost	
10.30	Pilates	
16.30	Dance	
17.30 (90 Min)	Hatha Yoga	

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