GÜLTIG AB 01. APRIL 2024

KURSE

RÜCKGRAT
Sport & Gesundheit

Rückgrat ALTER ZOLLHOF

MONTAG

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
18.00	Box Fitness	1
18.30	deepWork	2
18.30 90 Min	Ashtanga Yoga	3
19.15	BodyPump	1
19.30 30 Min	fle-xx WS	2

DIENSTAG

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

MITTWOCH

09.30	fle-xx WS	1
09.30	Pilates	3
10.30	BodyPump	1
10.30 90 Min	Vinyasa Yoga	3
16.00	Feldenkrais	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

09.00	Vinyasa Yoga	3
09.30	fle-xx WS	1
10.45	Pilates	3
16.00	Kundalini Yoga	3
17.00	fle-xx WS	1
17.30 30 Min	Core	2
17.30 90 Min	Vinyasa Yoga	3
18.00	Bodyforming	1
18.00	deepWork	2
19.00 30 Min	fle-xx WS	2
19.00	Pilates	3

FREITAG

10.00 90 Min	Vinyasa Yoga	3
16.00 90 Min	Hatha Yoga	3
17.00	fle-xx WS	2
17.30	BodyPump	1
17.30	Pilates	3
18.30 90 Min	Vinyasa Yoga	3

SAMSTAG

09.30 90 Min	Ashtanga Yoga	3
11.00 90 Min	Vinyasa Yoga	3
17.30	Pilates	1
17.30 90 Min	Hatha Yoga	3

SONNTAG

09.30	Hatha Yoga	3
10.00	Dance	1
10.30 90 Min	Hatha Yoga	3
11.00	Bodyforming	1
17.00	Pilates	3

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