GÜLTIG AB 01. APRIL 2024

KURSE

Rückgrat WOMAN

RÜCKGRAT
Sport & Gesundheit

MONTAG

08.00	BodyPump	1
09.15	fle-xx WS	2
09.30	Dance	1
10.30 30 Min	Dehnen mit Thai-Einflüssen	1
17.30 30 Min	bootyBoost	1
18.00 30 Min	Core	1
18.00	bodyArt	2
18.30	Pilates	1
19.00	fle-xx WS	2

DIENSTAG

09.30	fle-xx WS	1
10.30	Beckenboden	1
10.30 30 Min	bootyBoost	2
11.00 30 Min	Core	2
13.30 90 Min	Hatha Yoga	1
16.30	Ballett Exercises	1
18.30	fle-xx WS	1
19.30	Bodyforming	1

MITTWOCH

09.00	Bodyforming	1
10.00 30 Min	fle-xx WS	1
10.30	Pilates	1
16.00	Pilates	1
17.00	Piloxing	1
18.00	Vinyasa Yoga	1
19.00	BodyPump	1
20.00	fle-xx WS	2

DONNERSTAG

08.30	Beckenboden	1
09.30	Pilates	1
10.30	Cardio	1
11.30	BodyBalance	1
12.30 90 Min	Kundalini Yoga	1
17.30	bodyArt	2
18.00 30 Min	Hula Hoop	1
18.30	Dance	1
18.30	Bodyforming	2
19.30 90 Min	Vinyasa Yoga	1

FREITAG

09.30	Dance	1
10.30	Dance & Dehnen	1
14.00 90 Min	Faszientraining	1
16.30	BodyPump	1
17.45	Cardio	1

SAMSTAG

09.30	fle-xx WS	1
10.30	Dance	1
11.30	Bodyforming	1

SONNTAG

09.30 30 Min	Hula Hoop	1
10.00 30 Min	bootyBoost	1
10.30	Pilates	1
16.30	Dance	1
17.30 90 Min	Hatha Yoga	1

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