

KURSE

MONTAG		
09.00 Pilates	1	
09.00 Aqua Fit	≈	
10.00 Faszien Training	1	
10.15 Aqua Fit	≈	
11.00 fle-xx WS	1	
11.15 Aqua Step	≈	
13.00 Aqua Fit	≈	
16.30 90 Min Ashtanga Yoga	3	
17.30 fle-xx WS	1	
17.30 Bodyforming	2	
18.00 Aqua Fit	≈	
18.30 World Jumping	1	
18.30 Faszien Pilates	2	
19.00 Aqua Step	≈	
19.30 30 Min Bauch intensiv	1	
19.30 Indoor Cycling	2	

DIENSTAG		
09.30 90 Min RG Yoga	2	
10.00 fle-xx WS	1	
10.00 Aqua Zumba	≈	
11.00 World Jumping Gold	1	
11.00 Pranayama & Meditation	2	
13.00 Aqua Fit	≈	
17.00 BodyArt	1	
17.30 30 Min fle-xx Pur	2	
18.00 BodyPump	1	
18.00 deepWORK	2	
18.00 Aqua Fit	≈	
19.00 Aqua Fit	≈	
19.15 30 Min Bauch intensiv	1	
19.15 fle-xx WS	2	
19.45 Faszien Pilates	1	

MITTWOCH		
09.00 World Jumping	1	
09.00 Aqua Fit	≈	
10.00 30 Min Bauch intensiv	1	
10.00 Aqua Fit	≈	
10.30 fle-xx WS	1	
11.00 Aqua Zumba	≈	
16.00 Aqua Fit	≈	
16.30 30 Min fle-xx Pur	1	
17.00 Aqua Fit	≈	
17.30 Indoor Cycling	2	
18.00 Aqua Fit	≈	
18.00 BodyPump	1	
18.30 90 Min RG Yoga	3	
19.30 Zumba	1	
19.30 fle-xx WS	2	
20.00 Pranayama & Meditation	3	

DONNERSTAG		
09.00 Bodyforming	1	
09.00 Aqua Zumba	≈	
10.00 fle-xx WS	1	
10.00 Aqua Fit	≈	
11.00 Aqua Fit	≈	
16.00 Aqua Fit	≈	
17.00 World Jumping	1	
17.00 Aqua Fit	≈	
17.30 fle-xx WS	2	
18.00 Bodyforming	1	
18.00 Aqua Fit	≈	
18.45 Indoor Cycling	2	
19.00 30 Min Bauch intensiv	1	
19.00 Aqua Fit	≈	
19.30 Pilates	1	
20.00 Zumba	2	

FREITAG		
09.00 Zumba Gold	1	
09.30 fle-xx WS	2	
10.00 World Jumping	1	
10.15 Aqua Zumba	≈	
10.30 Eutonie	2	
11.15 Aqua Fit	≈	
16.30 Aqua Fit	≈	
17.30 deepWORK	1	
17.30 Pilates	2	
17.30 Aqua Zumba	≈	
18.30 BodyPump	1	
18.30 fle-xx WS	2	
18.30 Aqua Fit	≈	

SAMSTAG		
09.00 4Streatz	1	
09.30 Aqua Fit	≈	
10.00 Bodyforming	1	
10.30 Aqua Fit	≈	
11.00 30 Min Bauch intensiv	1	
11.30 Faszien Training	1	
16.00 Aqua Zumba	≈	
17.00 World Jumping	1	

SONNTAG		
09.30 Pilates	1	
09.30 Aqua Fit	≈	
10.30 30 Min Faszien Training	2	
10.30 Aqua Fit	≈	
11.00 BodyPump	1	
11.30 fle-xx WS	2	
11.30 Aqua Fit	≈	
16.30 90 Min Hatha Yoga	1	
17.00 90 Min Indoor Cycling	2	

- Entspannung & Ausgleich (1 Stunde)
- Straffung & Figur (1 Stunde)
- Fettverbrennung & Herz (1 Stunde)
- Aqua Fitness (45 Minuten)

[Aktuelle Kurs-Informationen](#)

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