

# KURSE

MONTAG		
09.00 Pilates	1	
09.00 Aqua	≈	
10.00 Faszientraining	1	
10.00 Aqua	≈	
11.00 fle-xx WS	1	
11.00 Aqua	≈	
13.00 Aqua	≈	
16.00 90 Min Hatha Yoga	2	
17.00 Aqua	≈	
17.30 fle-xx WS	1	
17.30 Bodyforming	2	
18.00 Aqua	≈	
18.30 World Jumping	1	
18.30 Pilates	2	
19.30 30 Min Core	1	
19.30 Indoor Cycling	2	

DIENSTAG		
09.30 90 Min Hatha Yoga	2	
10.00 fle-xx WS	1	
10.00 Aqua	≈	
11.00 Aqua	≈	
13.00 Aqua	≈	
17.00 deepWork	2	
17.00 Aqua	≈	
17.30 30 Min fle-xx WS	1	
18.00 BodyPump	1	
18.00 bodyArt	2	
18.00 Aqua	≈	
19.00 Aqua	≈	
19.15 30 Min Core	1	
19.15 90 Min Hatha Yoga	2	
19.45 Pilates	1	

MITTWOCH		
08.00 Vinyasa Yoga	2	
09.00 World Jumping	1	
09.45 30 Min Core	2	
10.00 Aqua	≈	
10.30 fle-xx WS	1	
11.00 Aqua	≈	
16.00 Aqua	≈	
17.00 Aqua	≈	
17.30 Indoor Cycling	2	
17.45 BodyPump	1	
18.00 Aqua	≈	
18.45 90 Min Hatha Yoga	2	
19.00 Dance	1	
20.00 fle-xx WS	1	
20.15 Meditation	2	

DONNERSTAG		
09.00 Bodyforming	1	
09.00 Aqua	≈	
10.00 fle-xx WS	1	
10.00 Aqua	≈	
11.00 Aqua	≈	
16.00 Aqua	≈	
17.00 World Jumping	1	
17.00 Aqua	≈	
17.45 fle-xx WS	2	
18.00 Bodyforming	1	
18.00 Aqua	≈	
18.45 Indoor Cycling	2	
19.00 Aqua	≈	
19.00 Pilates	1	
20.00 Dance	2	

FREITAG		
09.00 Dance	1	
09.30 fle-xx WS	2	
10.00 Bodyforming	1	
10.15 Aqua	≈	
10.30 Eutonie	2	
11.15 Aqua	≈	
16.30 Aqua	≈	
17.30 World Jumping	1	
17.30 bodyArt	2	
17.30 Aqua	≈	
18.30 Aqua	≈	
18.30 BodyPump	1	
18.30 fle-xx WS	2	

SAMSTAG		
09.30 Dance	1	
09.30 Aqua	≈	
10.30 Bodyforming	1	
10.30 Aqua	≈	
11.30 Faszientraining	1	
15.30 90 Min Ashtanga Yoga	2	
16.00 Aqua	≈	
17.00 World Jumping	1	
17.00 Meditation	2	

SONNTAG		
09.30 Pilates	1	
09.30 Aqua	≈	
10.30 30 Min Faszientraining	2	
10.30 Aqua	≈	
11.00 BodyPump	1	
11.30 fle-xx WS	2	
11.30 Aqua	≈	
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 (45 Minuten)

[Aktuelle Kurs-Informationen](http://www.verso-premium-resort.de)  
www.verso-premium-resort.de

