

KURSE

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
09.00 Step 1	09.00 Bodyforming 1	09.00 fle-xx WS 2	09.00 fle-xx WS 2	09.00 BodyPump 1	09.15 Aqua ≈
09.00 Faszientraining 2	09.00 fle-xx WS 2	09.15 Aqua ≈	09.30 Dance 1	09.15 Aqua ≈	10.30 Dance 1
10.00 BodyPump 1	10.00 ^{90 Min} Yoga 2	10.00 Bodyforming 1	09.30 Aqua ≈	10.00 Yoga 2	
10.00 BodyBalance 2	10.15 Aqua ≈	10.15 Aqua ≈	10.00 Pilates 2	10.15 Aqua ≈	
10.15 Aqua ≈	11.15 Aqua ≈	11.15 ^{30 Min} fle-xx WS 2	10.30 ^{30 Min} Faszientraining 1	11.00 Faszientraining 1	
11.15 fle-xx WS 2	14.00 ^{30 Min} fle-xx WS 2	13.00 Aqua ≈	17.00 Pilates 2	17.00 Aqua ≈	09.00 Aqua ≈
12.15 ^{30 Min} fle-xx WS 2	17.30 Dance 1	17.30 Bodyforming 1	18.00 ^{30 Min} Core 1	17.30 Dance 1	10.00 BodyPump 1
13.00 Aqua ≈	17.30 Aqua ≈	17.30 bodyArt 2	18.00 ^{90 Min} Yoga 2	17.30 BodyBalance 2	10.00 Aqua ≈
17.30 Aqua ≈	18.00 ^{90 Min} Yoga 2	18.00 Aqua ≈	18.00 Aqua ≈	18.00 Aqua ≈	
17.30 Pilates 2	18.30 ^{30 Min} Core 1	18.30 BodyAttack 1	18.30 ^{30 Min} bootyBoost 1	18.30 BodyPump 1	
18.15 BodyPump 1	19.00 Bodyforming 1	18.30 fle-xx WS 2	19.30 Dance 1	19.15 bodyArt 2	
18.30 fle-xx WS 2	19.00 Aqua ≈	19.30 BodyPump 1	19.30 fle-xx WS 2		
18.30 Aqua ≈	19.30 fle-xx WS 2	19.30 BodyBalance 2			
19.30 BodyAttack 1					
19.30 Faszientraining 2					

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

[Aktuelle Kurs-Informationen](#)

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