

KURSE

GÜLTIG AB 01. APRIL 2024

MONTAG		
09.00 Faszientraining	2	
10.00 BodyPump	1	
10.00 BodyBalance	2	
10.15 Aqua	≈	
11.15 fle-xx WS	2	
12.15 Faszientraining	2	30 Min
13.00 Aqua	≈	
16.30 Step	1	
17.30 Core	1	30 Min
17.30 Pilates	2	
17.30 Aqua Tabata	≈	
18.00 BodyCombat	1	30 Min
18.30 BodyAttack	1	
18.30 fle-xx WS	2	
18.30 Aqua	≈	
19.30 BodyPump	1	
19.30 Faszientraining	2	

DIENSTAG		
09.00 Bodyforming	1	
09.00 fle-xx WS	2	
10.00 Yoga	2	90 Min
10.15 Aqua	≈	
11.15 Aqua	≈	
14.00 fle-xx WS	2	30 Min
17.30 Dance	1	
18.00 Yoga	2	90 Min
18.30 Core	1	30 Min
19.00 bootyBoost	1	30 Min
19.00 Aqua	≈	
19.30 fle-xx WS	2	

MITTWOCH		
09.15 Aqua	≈	
10.00 Bodyforming	1	
10.15 Aqua	≈	
11.00 bootyBoost	1	30 Min
11.15 fle-xx WS	2	30 Min
13.00 Aqua	≈	
17.30 Bodyforming	1	
17.30 bodyArt	2	
18.00 Aqua	≈	
18.30 BodyAttack	1	
18.30 fle-xx WS	2	
19.00 Aqua	≈	
19.30 BodyPump	1	
19.30 BodyBalance	2	

DONNERSTAG		
09.00 fle-xx WS	2	
09.30 Dance	1	
09.30 Aqua	≈	
10.00 Pilates	2	
10.30 Faszientraining	1	
11.00 Yoga	2	
11.30 Stress Less	1	30 Min
17.00 Pilates	2	
18.00 Core	1	30 Min
18.00 Yoga	2	90 Min
18.30 bootyBoost	1	30 Min
18.30 Aqua	≈	
19.00 Dance	1	
19.30 fle-xx WS	2	

FREITAG		
09.00 BodyPump	1	
09.15 Aqua	≈	
10.00 Yoga	2	
10.15 Aqua	≈	
11.00 Faszientraining	1	
17.00 Aqua	≈	
17.30 BodyBalance	2	
18.00 bootyBoost	1	30 Min
18.30 BodyPump	1	
18.30 Yoga	2	90 Min

SAMSTAG		
09.15 Aqua	≈	
09.30 Yoga	2	90 Min
10.15 Aqua	≈	
10.30 Dance	1	
16.00 Yoga	2	90 Min

SONNTAG		
09.00 Aqua	≈	
10.00 BodyPump	1	
10.00 bodyArt	2	
10.00 Aqua	≈	
11.00 Yoga	2	90 Min
12.30 fle-xx WS	2	
17.30 BodyPump	1	

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

