

# KURSE

GÜLTIG AB 01. JULI 2024

MONTAG		
09.00	Faszientraining	2
10.00	BodyPump	1
10.15	Aqua	≈
11.15	fle-xx WS	2
12.15 30 Min	Faszientraining	2
13.00	Aqua	≈
16.30	Step	1
17.30 30 Min	Core	1
17.30	Pilates	2
17.30	Aqua Tabata	≈
18.00 30 Min	BodyCombat	1
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 90 Min	Yoga	2
10.15	Aqua	≈
11.15	Aqua	≈
17.30	Dance	1
18.00 90 Min	Yoga	2
18.30 30 Min	Core	1
19.00 30 Min	bootyBoost	1
19.00	Aqua	≈
19.30	fle-xx WS	2

MITTWOCH		
09.00	Yoga	2
09.15	Aqua	≈
10.00	Bodyforming	1
10.15	Aqua	≈
11.00 30 Min	bootyBoost	1
11.15 30 Min	fle-xx WS	2
11.30 30 Min	Core	1
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
11.30 30 Min	Stress Less	1
17.00	Pilates	2
18.00 30 Min	Core	1
18.00 90 Min	Yoga	2
18.30 30 Min	bootyBoost	1
18.30	Aqua	≈
19.00	Dance	1
19.30	fle-xx WS	2

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

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

SONNTAG		
09.00	Aqua	≈
10.00	BodyPump	1
10.00	bodyArt	2
10.00	Aqua	≈
11.00 90 Min	Yoga	2
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)

