

KURSE

GÜLTIG AB 01. OKTOBER 2024

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

DIENSTAG		
09.00 Bodyforming	1	
09.00 fle-xx WS	2	
09.15 Aqua	≈	
10.00 90 Min Yoga	2	
10.15 Aqua	≈	
11.15 Aqua	≈	
17.30 Dance	1	
17.30 30 Min Stress Less	2	
18.00 90 Min Yoga	2	
18.00 Aqua Tabata	≈	
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	
17.30 Aqua	≈	
18.30 BodyAttack	1	
18.30 fle-xx WS	2	
18.30 Aqua	≈	
19.30 BodyPump	1	
19.30 BodyBalance	2	

DONNERSTAG		
09.00 Dance	1	
09.00 fle-xx WS	2	
09.30 Aqua	≈	
10.00 Faszientraining	1	
10.00 Pilates	2	
10.30 Aqua	≈	
11.00 Step	1	
17.00 Pilates	2	
17.30 Aqua	≈	
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	
09.15 Aqua	≈	
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	
17.30 BodyPump	1	
18.45 45 Min BodyBalance	1	

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

