Body- und Aquafitness H a p p y l a n d

Aqua Kurse ab 9. September, Fitness Kurse ab Herbst 2019

Zeiten	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag		Zeiten
	FITNESS	AQUA	FITNESS	AQUA	FITNESS	AQUA	FITNESS	AQUA	FITNESS	AQUA	FITNESS	AQUA	FITNESS	AQUA	
7.00-7.30															7.00-7.30
7.30-8.00															7.30-8.00
8.00-8.30									**F15: 8.00-9.30 Katharina** - Hatha Yoga						8.00-8.30
8.30-9.00															8.30-9.00
9.00-9.30					**F9: 9.00-10.00 Jelena** - Pilates in Englisch										9.00-9.30
9.30-10.00	**F1: 9.30-11.00 Christiane -** Ashtanga Vinyasa Yoga														9.30-10.00
10.00-10.30			**F5: 10.00-11.00 Jelena** - Pilates			**A5: 10.10-10.55 Jelena** - Aqua Fit			**F16: 10.00-11.00 Karin** - Rückenfit und Stretching				**F19: 10.00-11.00 Milena** - Yogalates		10.00-10.30
10.30-11.00		**A1: 10.30-11.15 Helga** - Aqua Gym													10.30-11.00
11.00-11.30				**A4: 11.10-11.55 Jelena** - Aqua Fit							**F18: 11.00-12.00 Petra** - Yogaflow			**A7: 11.10-11.55 Milena** - Aqua Fit	11.00-11.30
11.30-12.00		**A2: 11.30 -12.15 Helga** - Aqua Gym													11.30-12.00
12.00-12.30															12.00-12.30
12.30-13.00															12.30-13.00
13.00-13.30															13.00-13.30
13.30-14.00															13.30-14.00
14.00-14.30															14.00-14.30
14.30-15.00															14.30-15.00
15.00-15.30															15.00-15.30
15.30-16.00															15.30-16.00
16.00-16.30															16.00-16.30
16.30-17.00															16.30-17.00
17.00-17.30	**F2: 17.00-18.00 Helga** - Body Work		**F6: 17.00-18.00 Petra** - Step Basic & Kräftigung		**F10: 17.00-18.00 Tsarinka** - Yogalates		**F13: 17.00-18.00 Christian** - Rücken fit		**F17: 17.00-18.00 Milena** - Bauch Bein Po						17.00-17.30
17.30-18.00															17.30-18.00
18.00-18.30	**F3: 18.00-19.00 Petra** - Zumba	**A3: 18.10-18.55 Helga** - Aqua Gym	**F7: 18.00-19.30 Katharina** - After Work - belebendes Yoga		**F11: 18.00 -19.00 Katharina** - Body Weight Circle		**F14: 18.00-19.00 Christian** - Rücken stabil			**A6: 18.10-18.55 Milena** - Aqua Fit					18.00-18.30
18.30-19.00															18.30-19.00
19.00-19.30	**F4: 19.00-20.00 Petra** - Body Weight Circle				**F12: 19.00-20.00 Karin** - Pilates										19.00-19.30
19.30-20.00			**F8: 19.30-21.00 Katharina -** After Work - entspannendes Yoga												19.30-20.00
20.00-20.30															20.00-20.30
20.30-21.00															20.30-21.00
21:00-21:30															21:00-21:30