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

Aqua Kurse & Fitness Kurse ab 7. Jänner bis 5. April 2020

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 Kathi** - Hatha Yoga						8.00-8.30
8.30-9.00							**F13: 8.30-9.30 Claudia** - Qigong								8.30-9.00
9.00-9.30					**F9: 9.00-10.00 Katharina W.** - smoveyTRAINING										9.00-9.30
9.30-10.00	**F1: 9.30-11.00 Christiane** - Ashtanga Vinyasa Yoga						**S1: 9.30-10.30 Gundula** - Mama Baby 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				**F20: 10.00-11.00 Milena** - Yogalates		10.00-10.30
10.30-11.00		**A1: 10.30-11.15 Helga** - Aqua Gym					**S2: 10.30-11.30 Gundula** - Yoga für Schwangere				**F18: 10.30-11.30 Petra** - Zumba				10.30-11.00
11.00-11.30				**A4: 11.10-11.55 Jelena** - Aqua Fit									**S4: 11.00-12.30 Kathi** - Yoga & Klettern		11.00-11.30
11.30-12.00		**A2: 11.30 -12.15 Helga** - Aqua Gym									**F19: 11.30-12.30 Petra** - Yogaflow				11.30-12.00
12.00-12.30															12.00-12.30
12.30-13.00															12.30-13.00
13.00-17.00															13.00-17.00
17.00-17.30	**F2: 17.00-18.00 Helga** - Body Work		**F6: 17.00-18.00 Petra** - Functional Training		**F10: 17.00-18.00 Dani** - Fatburning		**F14: 17.00-18.00 Christian** - Rückentraining		**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 Kathi** - After Work - belebendes Yoga		**F11: 18.00 -19.00 Kathi** - Functional Training										18.00-18.30
18.30-19.00															18.30-19.00
19.00-19.30	**F4: 19.00-20.00 Petra** - Yogaflow				**F12: 19.00-20.00 Karin** - Pilates		**S3: 19.00-20.00 Gundula** - Yoga Teenager								19.00-19.30
19.30-20.00			**F8: 19.30-21.00 Kathi** - 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