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

Aqua Kurse & Fitness Kurse ab 7. Jänner bis 5. April 2020 - **Update gültig ab 11. März 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														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						10.00-10.30
10.30-11.00		**A1: 10.30-11.15 Helga** - Aqua Gym									**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
13.00-13.30															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** - Functional Training						**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					**F12: 19.00-20.00 Karin** - Pilates										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