

KURSPLAN

Gültig ab 22.04.2024

FITNESS  BEAUTY
AMANUSA

| | | | | |
|------------|---------|---------|------------------------------|----------------------|
| MONTAG | 09:00 H | 60 MIN. | BEST BODY WORKOUT | ALINA VORONET |
| | 10:15 H | 60 MIN. | PILATES & RÜCKEN | ALINA VORONET |
| | 18:30 H | 60 MIN. | TABATA | JACQUI BARTH |
| | 19:30 H | 60 MIN. | BODEGA MOVES | JACQUI BARTH |
| DIENSTAG | 09:15 H | 75 MIN. | YOGA FLOW | ALINA VORONET |
| | 17:00 H | 60 MIN. | BODY COMPLETE | VIVIEN VAN DEVENTER |
| | 18:00 H | 60 MIN. | RÜCKEN & FASZIEN | VIVIEN VAN DEVENTER |
| | 18:00 H | 60 MIN. | YOGA FLOW | ANNA GAMPFER |
| | 19:00 H | 60 MIN. | ZUMBA STRONG | JULLY SOTERO |
| MITTWOCH | 09:30 H | 60 MIN. | RÜCKENFIT | ALINA VORONET |
| | 18:00 H | 60 MIN. | PILATES & RÜCKEN | FRANK BERINGER |
| | 18:30 H | 60 MIN. | DEEP WORK | JULIA RAHMANI |
| | 19:00 H | 75 MIN. | YIN YOGA 75 | FRANK BERINGER |
| | 19:30 H | 60 MIN. | BEST BODY WORKOUT | JULIA RAHMANI |
| DONNERSTAG | 09:30 H | 60 MIN. | BODY COMPLETE | MONIQUE OERTL |
| | 17:30 H | 60 MIN. | FASZIEN PILATES | ALINA VORONET |
| | 18:30 H | 60 MIN. | PILATES & RÜCKEN | ALINA VORONET |
| | 18:30 H | 60 MIN. | ZUMBA | JULLY SOTERO |
| FREITAG | 09:00 H | 60 MIN. | HOT IRON | SYLVIA MAHNEL |
| | 10:00 H | 60 MIN. | PILATES | ALINA VORONET |
| | 11:00 H | 75 MIN. | YOGA FLOW | ALINA VORONET |
| | 17:30 H | 60 MIN. | DEEP WORK | JACQUI B./JULIA R. |
| | 18:30 H | 60 MIN. | BODEGA MOVES | JACQUI B./JULIA R. |
| SAMSTAG | 10:15 H | 75 MIN. | POWER VINYASA YOGA 75 | ANASTASIA E./LISA S. |
| | 11:00 H | 60 MIN. | LANGHANTEL WORKOUT | MONIQUE OERTL |
| | 11:30 H | 60 MIN. | YOGA FLOW | ANASTASIA E./LISA S. |
| | 12:00 H | 60 MIN. | BEST BODY WORKOUT | MONIQUE OERTL |
| SONNTAG | 11:00 H | 60 MIN. | MOBILITY & POWER | KARLA STJEPOVIC |
| | 12:00 H | 60 MIN. | TABATA | KARLA STJEPOVIC |
| | 13:00 H | 60 MIN. | ZUMBA | JULLY SOTERO |