

KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 50 MIN Athletic Yoga Ania	07:00 60 MIN Morning Flow Yoga Anna	07:00 60 MIN Morning Flow Yoga Anna	07:00 55 MIN Athletic Yoga Ania	08:00 50 MIN Healthy Back Jacek	09:00 50 MIN Cycling Paulina	09:00 50 MIN Pilates Natalia
08:00 30 MIN Sling Training Team F	10:00 55 MIN Mobility Training Anna D.	09:00 50 MIN Latin Solo Anna D.	08:00 55 MIN Functional Training Ania	08:00 30 MIN Sling Training Team F	10:00 55 MIN Bauch Beine Po Natalia	10:00 55 MIN Healthy Back Natalia
09:00 50 MIN Cycle Experience Ania	11:00 45 MIN Aqua Fit* Anna D. P	10:00 55 MIN Pilates Anna D.	09:00 60 MIN Faszientraining Ania	09:00 30 MIN Core x-press Jacek	11:00 45 MIN Aqua Fit* Natalia P	11:00 45 MIN Aqua Fit* Natalia P
10:00 60 MIN Faszientraining Ania	17:00 50 MIN Body Shape Natalia	17:00 30 MIN Kletterwand Team F	10:00 50 MIN Fatburner Anna D.	10:00 55 MIN Pilates Natalia	13:00 105 MIN Pooltime 4 Kids* P	12:00 55 MIN LM BODYPUMP Mitch
16:00 50 MIN Body Toning Natalia	18:00 50 MIN ZUMBA Katja	17:30 55 MIN Pilates Estera	11:00 50 MIN ABS & Stretch Anna D.	11:00 50 MIN Stretch & Relax Natalia		13:00 55 MIN LM BODYCOMBAT Martyna
17:00 55 MIN Pilates Natalia	18:00 45 MIN Aqua Fit* Natalia P	18:00 45 MIN Aqua Fit* Natalia P	12:00 45 MIN Aqua Fit* Anna D. P			14:00 55 MIN LM BODYBALANCE Martyna
18:00 50 MIN Fit Boxing Ferris	19:00 55 MIN LM BODYPUMP Saskia	18:30 75 MIN Yoga Estera	17:00 50 MIN Dance Marlena			
18:00 45 MIN Aqua Fit* Natalia P	19:00 45 MIN Aqua Zumba* Katja P	19:00 45 MIN Aqua Fit* Natalia P	18:00 50 MIN ZUMBA Marlena			
19:00 55 MIN LM BODYPUMP Mitch	20:00 55 MIN LM BODYCOMBAT Saskia	20:00 55 MIN LM BODYPUMP Mitch	19:00 55 MIN LM BODYCOMBAT Huong			
19:00 45 MIN Aqua Intervall* Natalia P			20:00 55 MIN LM BODYPUMP Huong			
20:00 45 MIN LM BODYBALANCE Bianka						

GÜLTIG AB
24
AUG
2020

F: Fläche | P: Pool | *: Anmeldung & gesonderte Mitgliedschaft erforderlich | **LM**LES MILLS



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ÖFFNUNGSZEITEN

Montag 06:00-24:00h Dienstag 06:00-24:00h Mittwoch 06:00-24:00h Donnerstag 06:00-24:00h Freitag 06:00-24:00h Samstag 08:00-21:00h Sonntag 08:00-21:00h