

UNSER KURSPLAN

Alles auf einen Blick

MONTAG

8.00 - 8.45 Rückenfit
9.00 - 9.15 Meditation
9.00 - 9.45 Girls Only
9.00 - 9.45 Aquafitness
9:30 - 10.15 Yoga
10.00 - 10.45 Aquafitness
11.00 - 11.45 Aquafitness
16.00 - 16.45 Langhantel
16.00 - 16.45 Aquafitness
17.00 - 17.45 Girls Only
17.00 - 17.45 Aquafitness
18.00 - 18.45 Rückenfit
18.00 - 18.45 Aquafitness
20.00 - 20.45 Step Aerobic

DIENSTAG

8.00 - 8.45 Aquafitness
9.00 - 9.45 Yoga
9.00 - 9.45 Aquafitness
10.00 - 10.45 Yoga
10.00 - 10.45 Aquafitness
17.00 - 17.45 Dance Fit
18.00 - 18.45 Step Aerobic
18.15 - 18.45 HiIT
19.00 - 19.45 Functional

MITTWOCH

9.00 - 9.45 Aquafitness
10.00 - 10.45 Aquafitness
11.00 - 11.45 Aquafitness
13.30 - 14.30 Yoga
15.00 - 17.45 Schwimmschule
17.00 - 17.45 Aroha
17.45 - 18.15 Stretching
18.00 - 18.45 Fitnessboxen
19.00 - 19.45 Yoga

DONNERSTAG

9.30 - 10.15 Pilates
10.30 - 11.15 Dance Fit
14.00 - 14.45 Rückenfit
14.00 - 14.45 Aquafitness
15.00 - 15.45 Aquafitness
16.00 - 16.45 Girls Only
16.00 - 16.45 Aquafitness
17.00 - 17.45 Aerobic
17.00 - 17.45 Aquafitness
18.00 - 18.45 Kettleball
18.00 - 18.45 Aquafitness
19.00 - 19.45 Aquafitness

FREITAG

8.00 - 8.45 Rückenfit
8.00 - 8.45 Aquafitness
9.00 - 9.45 Faszien
9.00 - 9.45 Aquafitness
10.00 - 10.45 Aquafitness
12.30 - 13.30 Yoga
13.30 - 14.15 Rückenfit
17.00 - 17.45 Pilates
18.00 - 18.45 Girls Only

SAMSTAG

9.00 - 14.00 Schwimmschule

21

21 Fitness GmbH
Am Gallberg 21
14770 Brandenburg an der Havel
kontakt@21fitness.de
www.21fitness.de