

UNSER KURSPLAN

Alles auf einen Blick

MONTAG

8.00 – 8.45 Rückenfit
9.00 – 9.15 Meditation
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 BBP
17.00 – 17.45 Aquafitness
18.00 – 18.45 Rückenfit
18.00 – 18.45 Aquafitness
19.00 – 19.45 Fitnessboxen
20.00 – 20.45 Step Aerobic

DIENSTAG

8.00 – 8.45 Aquafitness
9.00 – 9.45 BBP
9.00 – 9.45 Aquafitness
10.00 – 10.45 Aquafitness
15.00 – 15.45 Aquafitness
16.00 – 16.45 Aquafitness
17.00 – 17.45 Dance Fit
17.00 – 17.45 Aquafitness
18.00 – 18.45 Step Aerobic
18.15 – 18.45 HiIT
19.00 – 19.30 Stretching
19.00 – 19.45 Functional

MITTWOCH

9.00 – 9.45 Aquafitness
9.00 – 9.45 Rückenfit
10.00 – 10.45 Aquafitness
11.00 – 11.45 Aquafitness
13.30 – 14.30 Yoga
14.30 – 18.45 Schwimmschule
16.00 – 16.45 Pilates
17.00 – 17.45 Aroha
18.00 – 18.30 Stretching
18.00 – 19.00 Fitnessboxen
18.45 – 19.45 Yoga
19.45 – 20.15 Meditation

DONNERSTAG

9.30 – 10.15 Pilates
10.30 – 11.00 Stretching
14.00 – 14.45 Aquafitness
15.00 – 15.45 Aquafitness
15.30 – 16.30 Yoga
16.00 – 16.45 BBP
16.00 – 16.45 Aquafitness
17.00 – 17.45 Tai Aerobic
17.00 – 17.45 Aquafitness
18.00 – 18.45 Pound®
18.00 – 18.45 Rückenfit
18.00 – 18.45 Aquafitness
19.00 – 19.45 Functional
19.00 – 19.45 Aquafitness

FREITAG

8.00 – 8.45 Rückenfit
8.00 – 8.45 Aquafitness
9.00 – 9.45 Aquafitness
10.00 – 10.45 Aquafitness
13.00 – 13.30 Faszien
13.30 – 14.15 Rückenfit
14.30 – 15.15 Aroha
15.30 – 16.15 Pilates
16.30 – 17.15 BBP
17.30 – 18.15 Langhantel

SAMSTAG

9.30 – 14.30 Schwimmschule

Jeden 2. **SONNTAG** im Monat

9.00 – 9.45 Rückenfit
10.00 – 10.45 BBP

21

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