Kursplan

06.05.2024 - 12.05.2024

AKTZENT
Schlichtäcker 3
74223 Flein

07131 – 25 20 11
info@aktzent-sports.de

Montag 06.05.2024	Dienstag 07.05.2024	Mittwoch 08.05.2024	Donnerstag 09.05.2024	Freitag 10.05.2024	Samstag 11.05.2024	Sonntag 12.05.2024
09:30 - 10:30 European Aerobic | ...	17:00 - 18:30 Hatha Yoga	09:30 - 10:30 European Muscle Pow...	18:30 - 19:30 European Muscle Pow...	09:30 - 10:30 Be active®	14:30 - 15:30 ETB®	09:30 - 11:00 Hatha Yoga
18:00 - 19:00 European Aerobic | ...	18:30 - 19:30 European Muscle Pow...	18:15 - 19:15 European Spin Gym®	19:30 - 20:00 Sixpack-Express	17:00 - 18:00 Stretch & Mobility	15:30 - 16:30 European Weights®	11:00 - 12:00 European Spin Gym®
19:00 - 19:30 Sixpack-Express	19:30 - 20:30 ETB® | ETB® intro	18:30 - 20:00 Hatha Yoga	20:00 - 20:30 Stretch & Relax	18:00 - 19:00 European Aerobic | ...		12:00 - 13:00 ACROBO® Class
19:30 - 20:30 European Weights® |...		19:30 - 20:30 European Weights®		19:00 - 20:00 European Weights®		

Stand: 12.05.2024

Fitnesskurs