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®**		

Fitnesskurs

Stand: 12.05.2024