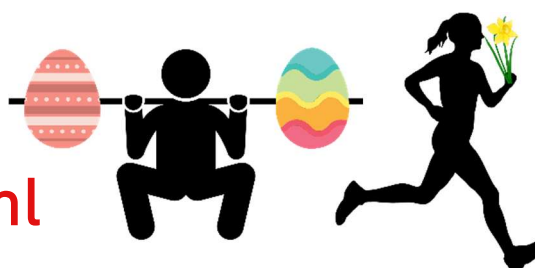


KURSPROGRAMM OSTERN

ACTIV FITNESS Schönbühl



Group Fitness

Datum	Tag	Stilrichtung	Instruktor*in	Zeit
07.04.2023	Karfreitag	Yoga Sun & Moon Salutation	Jeannine G.	08:30 – 09:10
		BODYCOMBAT®	Jeannine G.	09:20 – 10:15
		GRIT® Cardio Mix	Anina S. & Jeannine G.	10:20 – 11:00
		BODYPUMP®	Anina S.	11:05 – 12:00
08.04.2023	Samstag	Reguläres Kursprogramm		
09.04.2023	Ostersonntag	Pilates	Karin G.	08:30 – 09:25
		FITBOXE® meets BODYCOMBAT®	Jeannine G.	09:35 – 11:00
		Triple GRIT®	Anina S. & Jeannine G.	11:05 – 12:35
10.04.2023	Ostermontag	CORE®	Anina S. & Jeannine G.	09:20 – 09:45
		GRIT® Cardio & Athletic Mix	Anina S & Jeannine G.	09.50 – 10.55
		BODYPUMP®	Anina S. & Jeannine G.	11:00 – 11:55
		Bodytoning meets Pilates Special	Liliane S.	12:05 – 13:00

Kinderparadies

07.04.2023	Karfreitag	09:15 – 11:45 Uhr
08.04.2023	Samstag	09:00 – 11:30 Uhr
09.04.2023	Ostersonntag	09:15 – 11:45 Uhr
10.04.2023	Ostermontag	09:15 – 11:45 Uhr

