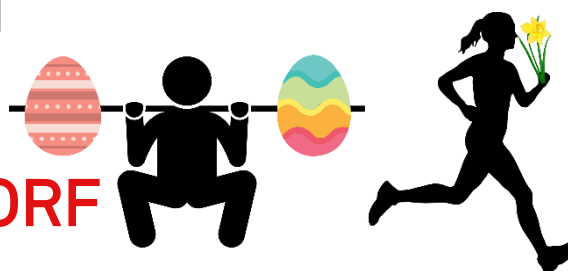


KURSPROGRAMM OSTERN

ACTIV FITNESS DIEUSDORF

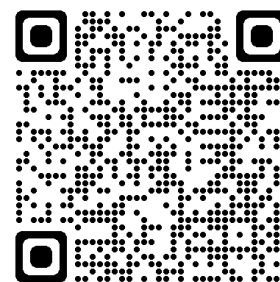


Group Fitness

Datum	Tag	Stilrichtung	Instruktor*in	Zeit
07.04.2023	Karfreitag	Step & Tone	Lindsey B.	09:30 – 10:25
		Pilates	Lindsey B.	10:30 – 11:25
08.04.2023	Samstag	Regulärer Kursplan		
09.04.2023	Ostersonntag	Bodytoning	Sara F.	09:30 – 10:25
		Pilates	Sara F.	10:30 – 11:25
10.04.2023	Ostermontag	BODYPUMP®	Nino P.	09:45 – 10:40
		CORE®	Nino P.	10:45 – 11:10

Kinderparadies

07.04.2023	Karfreitag	09:15 – 11:45
08.04.2023	Samstag	09:30 – 12:00
09.04.2023	Ostersonntag	geschlossen
10.04.2023	Ostermontag	09:15 – 11:45



ACTIV
FITNESS

