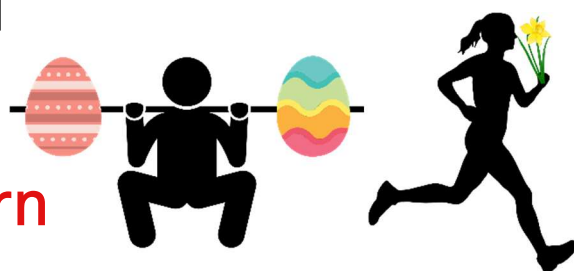


KURSPROGRAMM OSTERN

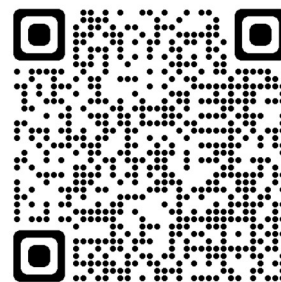
ACTIV FITNESS Solothurn
Group Fitness



Datum	Tag	Stilrichtung	Instruktor*in	Zeit
07.04.2023	Karfreitag	FunTone® KR 1	Miri L.	09.15 – 10.10
		CORE® KR 2	Corine S.	09.30 – 09.55
		BODYBALANCE® KR 1	Miri L.	10.15 – 11.10
08.04.2023	Samstag	CORE®	Corine S.	09.30 – 09.55
		GRIT®	Melanie U./ Colin G.	10.05 – 10.30
		BODYPUMP®	Adi N.	10.45 – 11.40
09.04.2023	Ostersonntag	CORE®	Adi N.	09.30 – 09.55
		BODYPUMP®	Adi N./ Lukas L./ Beni A.	10.15 – 11.10
		BODYCOMBAT®	Lukas L.	11.20 – 12.00
10.04.2023	Ostermontag	CORE®	Melanie U.	09.00 – 09.25
		BODYATTACK®	Melanie U.	09.40 – 10.20
		BODYPUMP®	Melanie U.	10.30 – 11.25

Kinderparadies

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



ACTIV