



Kursprogramm RED WEEKEND ADLISWIL

30. Oktober – 5. November



Tag	Kurs	Trainer*in	Zeit
Montag	BODYPUMP®	Simone W.	09:00 - 09:55
	M.A.X®	Daniela K.	10:05 - 10:30
	Coretraining	Daniela K.	10:35 - 11:00
	Pilates	Gudrun K.	12:15 - 13:10
	CORE®	Nicole M.	18:00 - 18:25
	BODYPUMP®	Nicole M.	18:30 - 19:25
	TôSôX®	Raphael D.	19:30 - 20:25
Dienstag	Bodytoning	Doreen W.	09:00 - 09:55
	Pilates	Doreen W.	10:00 - 10:55
	BODYPUMP®	Stefanie H.	18:00 - 18:55
	Power Yoga	Sabine W.	19:10 - 20:05
Mittwoch	Vinyasa Yoga	Arta J.	09:00 - 09:55
	BODYPUMP®	Simone K.	10:00 - 10:55
	BODYPUMP®	Laura C.	12:15 - 13:10
	CORE®	Sandra B.	18:30 - 18:55
	BODYPUMP®	Sandra B.	19:00 - 19:55
Donnerstag	Bodytoning	Britta O.	09:00 - 09:55
	Power Yoga	Britta O.	10:00 - 10:55
	ZUMBA®	Natalia A.	18:00 - 18:55
	BodyART®	Gudrun K.	19:00 - 19:55
Freitag	BODYPUMP® meets BODYATTACK®	Iris D.	09:00 - 09:55
	CORE® intense	Iris D.	10:00 - 10:40
	ZUMBA® belated Halloween	Pedro G.	12:15 - 13:10
Samstag	CORE® meets BODYPUMP®	Andrea S.	09:30 - 10:55
	TôSôX® legs special	Sheila C.	11:00 - 11:55
Sonntag	Intervall meets BODYATTACK®	Nicole M.	09:30 - 09:55
	Best of BODYPUMP®	Nicole M.	10:00 - 10:55
	Yin Yoga	Claudia M.	12:00 - 12:55

Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:45 - 11:30
Samstag:	09:00 - 11:30

Aktuelles Kursprogramm online

