

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:15 - 09:10 BODYPUMP	08:15 - 09:00 BAUCH BEINE PO	08:15 - 09:45 YOGA	09:00 - 09:55 BODYSTEP	08:15 - 09:00 BAUCH BEINE PO		
09:20 - 09:50 LESMILLS CORE	09:00 - 10:00 bodyART	09:50 - 10:35 CORE & STRETCH	10:10 - 10:55 INTERVALL	09:00 - 09:45 FASZIEN		
10:00 - 10:30 DEHNEN & ENTSPANNEN	10:15 - 10:45 BALLance	10:45 - 11:15 HIIT		10:00 - 11:00 SPINNING	11:30 - 13:00 YOGA	
16:30 - 17:30 STREET DANCE	17:05 - 17:35 HIIT	15:00 - 16:00 RÜCKBILDUNG				
17:45 - 18:30 BODYPUMP	17:45 - 18:30 FASZIEN	17:00 - 17:30 INTERVALL	17:05 - 17:35 TRX			
18:45 - 19:30 BODYSTEP	18:40 - 19:40 ERNÄHRUNG & ABNEHMEN	17:45 - 18:45 bodyART	17:45 - 18:40 BODYPUMP	18:00 - 18:55 ZUMBA		
19:40 - 20:40 SPINNING	19:45 - 20:15 MUSKEL ENTSPANNUNG	19:00 - 19:30 BALLance	18:50 - 19:20 LESMILLS CORE			
		19:30 - 20:30 RÜCKEN- & GELENKZENTRUM	19:30 - 20:30 SPINNING			

ANMELDUNG

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