

Aktivplan

	MO	DI	MI	DO	FR	SA	SO
Uhrzeit							
06:00							
07:00	POWER YOGA Herzöffner Flow	PILATES Rückenfit	POWER YOGA Flexibility Flow	PILATES Bauch - Beine - Po	POWER YOGA Balance Flow	PILATES Core	POWER YOGA Feel Good Flow
08:00	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness
09:00	MOBILITY Unterkörper	FASZIEN VITAL Ganzkörper	STRECH Ganzkörper	QI GONG Shi Ba Shi Flow	STRECH Ganzkörper	FASZIEN VITAL Ganzkörper	MOBILITY Oberkörper
10:00	BODYSTYLING Strong	FUNCTIONAL TRAINING Boost	BODYSTYLING Power	FUNCTIONAL TRAINING Sweat	BODYSTYLING Strong	FUNCTIONAL TRAINING Burn	BODYSTYLING Power
11:00							
12:00							
13:00							
14:00							
15:00	Geführtes Nordic Walking						
16:00							
17:00							
18:00							
19:00							
20:00	PILATES Core	POWER YOGA Detox Flow	MEDITATION	POWER YOGA Hüftöffner Flow	PILATES Rückenfit	POWER YOGA Stress Release Flow	PILATES Bauch - Beine - Po
21:00							
22:00							