

Kursprogramm Vitamare FitnessClub

Gültig ab 17.01.2023

MO	DI	MI	DO	FR	SA	SO
10.15 – 10.30 h Bauchtraining	10.15 – 10.30 h Bauchtraining	10.15 – 10.30 h Bauchtraining	10.15 – 10.30 h Bauchtraining	10.15 – 10.30 h Bauchtraining	10.10 – 10.30 h High Intensity Training	10.30 – 11.30 h Yoga & Meditation
10.30 – 12.00 h Free Flow Yoga	10.30 – 11.30 h Wirbelsäulen- Gymnastik	10.30 – 12.00 h Yoga nach Iyengar	10.30 – 11.30 h Qigong/TaiChi	10.30 – 11.45 h WS-Gymnastik & Faszientraining		11.45 – 12.45 h Rücken Yoga
17.15 – 18.00 h Pilates	17.15 – 17.30 h Bauchtraining	17.15 – 17.30 h Bauchtraining	17.15 – 17.30 h Bauchtraining	17.00 – 18.30 h Hatha Yoga & Meditation	12.30 – 13.15 h 	13.00 – 14.00 h SwimTech II* (Hallenbad)
	17.30 – 18.45 h Therapeutisches Yoga	18.15 – 19.00 h 	17.45 – 19.00 h Faszien Yoga			14.00 – 15.00 h SwimTech I* (Hallenbad)
18.00 – 19.00 h 	18.45 – 19.30 h Yogaletes	18.30 – 19.30 h 	19.00 – 19.30 h Entspannungs- techniken			*Von 1. Juni bis 31. August finden keine SwimTech Kurse statt.
19.00 – 20.00 h 	19.30 – 20.30 h Qigong/TaiChi					