

FEIERTAGSPLAN Club Brunn 23.12.23 - 1.1.24

SAMSTAG 23.12.

09:00-10:30	Astanga Yoga	2
09:00-09:40	Aqua Fitness	Pool
10:00-10:25	Step Cardio	1
10:30-11:20	Bodyshape	1

SONNTAG 24.12.

Heiliger Abend

09:30-10:20	Back Health	1
10:30-11:45	Bodyshape&Core	1

geöffnet bis 14:00 Uhr

MONTAG 25.12.

Christtag

09:30-10:20	Back Health	1
10:30-11:45	Bodyshape&Core	1
18:00-18:50	Bodyshape	1
19:00-19:25	Core	1

DIENSTAG 26.12.

Stefanitag

09:30-10:20	Back Health	1
10:30-11:45	Bodyshape&Core	1
18:00-18:50	Bodyshape	1
19:00-19:25	Core	1

MITTWOCH 27.12.

09:00-10:15	M.A.X.®	1
10:30-11:20	Antara®	1
11:30-11:55	Mobility	1
10:30-11:55	Yoga	2
12:00-12:50	Beckenboden	2
12:00-13:00	Aqua Fitness XL	Pool
18:00-19:15	Fitness Circle	1
18:00-18:50	Back Health	2
18:00-18:50	Pure Athletic	Fitness
18:00-18:50	Spinning	Spin
19:00-19:50	Spinning	Spin
19:00-19:25	Sixpack	2
19:30-20:20	Power Lift	1
19:30-20:45	Fit Boxing	1

DONNERSTAG 28.12.

09:00-10:15	Fitness Circle	1
09:00-09:50	Back Health	2
09:00-10:00	Spinning	Spin
10:05-10:30	Core	2
10:30-11:30	Aqua Fitness XL	Pool
17:00-17:40	Aqua Fitness	Pool
17:45-18:45	Boxing	Box
18:00-19:00	Spinning	Spin
18:00-18:50	Bodyshape	1
19:00-19:25	Core	1
19:00-20:30	Yoga	2

FREITAG 29.12.

08:45-10:15	Astanga Yoga	2
09:00-09:50	Power Lift	1
10:00-10:25	Sixpack	1
10:30-11:20	Back Health	1
10:30-11:20	Bodyshape	2
10:30-11:30	Spinning	Spin
11:30-12:10	Aqua Fitness	Pool
17:00-17:50	Bodyshape	1
18:00-18:50	Pilates	1

SAMSTAG 30.12.

09:00-10:30	Astanga Yoga	2
09:00-09:40	Aqua Fitness	Pool
10:00-10:25	Step Cardio	1
10:30-11:20	Bodyshape	1

SONNTAG 31.12.

Silvester

09:30-10:20	Back Health	1
10:30-11:45	Bodyshape&Core	1

geöffnet bis 18:00 Uhr

MONTAG 1.1.24

Neujahr

10:30-11:45	Bodyshape&Core	1
18:00-18:50	Bodyshape	1
19:00-19:25	Core	1



Frohe Weihnachten, erholsame Feiertage und eine guten Rutsch ins neue Jahr!