

OSTER Kursplan Club Brunn



DONNERSTAG 17.4.

Gründonnerstag

09:00-10:15	Fitness Circle	Dani	1
09:00-09:50	Back Health	Susanna	2
09:00-10:00	Spinning *	Astrid	Spin
10:05-10:30	Core	Astrid	2
10:30-11:30	Aqua Fitness XL	Dani	Pool
10:45-12:00	Line Dance	Eva	2
17:00-18:00	Aqua Fitness	Astrid	Pool
17:00-17:45	Pure Mobility *	Michael	Fitness
17:45-18:45	Boxing *	Stefan	Box
18:00-19:00	Spinning *	Sabine	Spin
18:00-18:50	Bodyshape	Dani	1
19:00-19:25	Core	Dani	1
19:00-20:30	Yoga	Agnes	2

FREITAG 18.4.

Karfreitag

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

SAMSTAG 19.4.

Karsamstag

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

SONNTAG 20.4.

Ostersonntag

09:30-10:20	Back Health	Dani	1
10:30-11:45	Bodyshape & Core	Dani	1
18:00-18:50	Bodyshape	Dani	2
19:00-19:25	Core	Dani	2

MONTAG 21.4.

Ostermontag

09:30-10:20	Back Health	Kathi	1
10:30-11:45	Bodyshape & Core	Kathi	1
18:00-18:50	Bodyshape	Dani	2
19:00-19:25	Core	Dani	2

DIENSTAG 22.4.

09:00-10:15	Pilates	Kathi	1
09:00-10:15	Bodyshape	Paul	2
10:30-12:00	Astanga Yoga	Irene	1
10:30-11:20	Zumba	Susanne	2
10:30-11:30	Spinning *	Paul	Spin
10:30-11:30	Aqua Fitness	Kathi	Pool
17:00-17:50	Back Health	Dani	2
18:00-18:25	Core	Dani	2
18:30-19:20	Bodyshape & Stretch	Dani	2
19:00-20:30	Vinyasa Yoga	Angelika	1

OSTER Kursplan Club Wien



DONNERSTAG 17.4.

Gründonnerstag

07:30-08:20	Power Lift	Simone	1
08:30-08:50	5 Tibeter	Simone	1
09:00-10:00	Spinning *	Simone	Spin
09:30-09:55	Core	Susanne	1
09:30-11:00	Astanga Yoga	Gino	2
10:00-10:50	Back Health	Susanne	1
11:00-11:50	Zumba Gold	Susanne	1
18:00-19:30	Yin Yoga	Jasmin	2
18:00-18:50	Thairobix	Chris	1
19:00-19:25	Sixpack	Chris	1

FREITAG 18.4.

Karfreitag

08:30-09:20	Power Lift	Simone	1
09:30-10:45	Spinning *	Simone	Spin
09:30-10:20	Back Health	Gaby	1
09:30-10:20	Pilates	Nadja	2
10:30-11:10	Aqua Fitness	Gaby	Pool
10:30-11:20	Bodyshape	Barbara	1
10:30-12:00	Astanga Yoga	Gino	2

SAMSTAG 19.4.

Karsamstag

10:00-10:50	Pilates	Mitra	2
10:00-10:50	Bodyshape	Chris	1
11:00-12:15	Thairobix	Chris	1
16:00-17:00	Spinning *	Thomas	Spin
17:00-18:00	Spinning *	Thomas	Spin

SONNTAG 20.4.

Ostersonntag

09:30-10:25	Spinning *	Simone	Spin
17:30-17:55	Core	Vanessa	1
18:00-18:50	Bodyshape	Vanessa	1

MONTAG 21.4.

Ostermontag

10:30-11:45	Bodyshape& Stretch	Gudrun	1
17:30-17:55	Core	Gudrun	1
18:00-18:50	Bodyshape	Gudrun	1

DIENSTAG 22.4.

08:30-09:20	Antara	Simone	1
09:30-10:20	Power Lift	Simone	1
09:30-10:20	Back Health Qi Gong	Gaby	2
10:30-10:55	Core	Simone	1
10:30-11:10	Aqua Fitness	Mitra	Pool
11:00-12:30	Vinyasa Yoga	Waltraud	2
11:30-12:20	Mobility	Mitra	1
18:00-18:25	Sixpack	Chris	1
18:00-18:50	Pilates	Theresa	2
18:30-19:45	Thairobix	Chris	1
18:00-19:00	Spinning *	Thomas	Spin
19:00-20:30	Astanga Yoga	Axel	2
19:00-20:00	Spinning *	Thomas	Spin

Kurzfristige Änderungen vorbehalten.

* Anmeldung an der Rezeption