

Kursplan

11.12.2017 - 17.12.2017

Home of Balance



Messestraße 1

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Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
08:30 - 09:25 Gesunder Rücken	07:30 - 08:25 Zumba®	06:15 - 07:15 FT Mobility	08:30 - 09:25 Gesunder Rücken	06:15 - 07:15 FT Movement	09:15 - 10:40 Hatha Yoga	10:00 - 11:00 FT Burn
09:00 - 10:00 FT Movement	08:30 - 09:25 Body Forming	08:15 - 09:40 Hatha Yoga	09:00 - 10:00 FT Strength	08:30 - 09:55 Hatha Yoga	10:00 - 11:00 FT Burn	
09:30 - 10:25 Step/Bauch Beine Po..	09:00 - 10:00 FT Burn	09:00 - 10:00 FT Mobility	09:30 - 10:25 Pilates Flow	09:00 - 10:00 FT Burn	10:45 - 12:10 Hatha Yoga	
12:15 - 13:10 Maximum Pump	09:30 - 10:25 Yogilates	09:45 - 10:40 Smovey	09:45 - 10:40 Aqua Fit	10:00 - 10:55 Body Forming		
17:30 - 18:25 Pilates	14:00 - 15:00 FT Mobility	17:30 - 18:25 Maximum Pump	17:30 - 18:25 Zumbastrong®	11:00 - 11:55 Gesunder Rücken		
18:00 - 19:00 FT Burn	17:00 - 18:10 Vinyasa Yoga	18:00 - 19:00 FT Strength	18:00 - 19:00 FT Burn	17:00 - 17:55 Zumba®		
18:30 - 19:25 Piloxing	18:00 - 18:55 Aqua Fit	18:30 - 19:25 Gesunder Rücken	18:30 - 19:25 Pilates	18:00 - 18:55 Bodyforming Workout		
18:30 - 19:15 Schwimmtraining (An..	18:00 - 19:00 FT Mobility	19:00 - 20:00 FT Burn	19:00 - 20:00 FT Strength	18:00 - 19:00 FT Movement		
19:00 - 20:00 FT Strength	18:15 - 18:30 Bauch Workout	19:30 - 20:25 Spinning	19:30 - 20:55 Yoga	19:00 - 20:00 FT Mobility		

- Ausdauer
- FT Strength
- Rücken
- FT Burn
- Kräftigung, Form...
- Tanz und Choreog...
- FT Mobility
- Körper und Geist...
- FT Movement
- Pool

Stand: 11.12.2017

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<div data-bbox="114 375 371 451">19:15 - 20:00 Schwimmtraining (Fo.</div> <div data-bbox="114 483 371 560">19:30 - 20:55 Hatha Yoga</div>	<div data-bbox="405 375 663 451">18:30 - 19:25 Bodyforming Workout</div> <div data-bbox="405 483 663 560">19:00 - 20:00 FT Movement</div> <div data-bbox="405 592 663 668">19:30 - 20:25 Spinning</div>					

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- FT Burn
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