

Kursplan

16.04.2018 - 22.04.2018

Home of Balance
Messestraße 1
6850 Dornbirn



+43 5572 3 888 60
rezeption@homeofbalance.at

Montag 16.04.2018	Dienstag 17.04.2018	Mittwoch 18.04.2018	Donnerstag 19.04.2018	Freitag 20.04.2018	Samstag 21.04.2018	Sonntag 22.04.2018
08:00 - 09:00 FT Movement	07:30 - 08:25 Zumba® Ivonne	06:15 - 07:15 FT Mobility	08:30 - 09:25 Gesunder Rücken Catrin	06:15 - 07:15 FT Movement	09:15 - 10:40 Hatha Yoga Andrea	10:00 - 11:00 FT Burn
08:30 - 09:25 Gesunder Rücken Annette	08:30 - 09:25 Body Forming Oksana	08:15 - 09:40 Hatha Yoga Silvio	09:00 - 10:00 FT Strength	08:00 - 09:00 FT Burn	10:00 - 11:00 FT Burn	
09:30 - 10:25 Strong by Zumba® Yvonne	09:00 - 10:00 FT Burn	09:00 - 10:00 FT Mobility	09:30 - 10:25 Pilates Flow Tagrid	08:30 - 09:55 Hatha Yoga Silvio	10:45 - 12:10 Hatha Yoga Andrea	
12:15 - 13:10 Maximum Pump Simone	09:30 - 10:25 Yogilates Marie Luise	09:45 - 10:40 Smovey Tagrid	09:45 - 10:40 Aqua Fit Hilke	10:00 - 10:55 Body Forming Oksana		
17:30 - 18:25 Pilates Monika	14:00 - 15:00 FT Mobility	17:30 - 18:25 Maximum Pump Simone	17:30 - 18:25 Strong by Zumba® Cynthia	11:00 - 11:55 Gesunder Rücken Sigrun		
18:00 - 19:00 FT Burn	17:00 - 18:10 Vinyasa Yoga Annette W.	18:00 - 19:00 FT Strength	18:00 - 19:00 FT Burn	17:00 - 17:55 Zumba® Ivonne		
18:30 - 19:15 Schwimmtraining (An... Sebastian	18:00 - 18:55 Aqua Fit Ludmilla	18:30 - 19:25 Gesunder Rücken Sigrun	18:30 - 19:25 Pilates Monika	18:00 - 18:55 Bodyforming Workout... Oksana		
18:30 - 19:25 FunTone®	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 Sigrun	19:30 - 20:55 Yoga Monika	19:00 - 20:00 FT Mobility		
19:15 - 20:00 Schwimmtraining (Fo... Sebastian	18:30 - 19:25 Bodyforming Workout... Oksana					
19:30 - 20:55 Hatha Yoga Hilke	19:00 - 20:00 FT Movement					

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

Stand: 19.04.2018