

NEUER KURSPLAN

AB MONTAG 09.10.2017

HOME OF BALANCE

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Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:30 - 09:25 Gesunder Rücken	08:30 - 09:25 Body Forming	08:15 - 09:40 Hatha Yoga	08:30 - 09:25 Gesunder Rücken	08:30 - 09:55 Hatha Yoga	09:15 - 10:40 Hatha Yoga	
09:30 - 10:25 Step/Bauch Beine Po..	09:30 - 10:25 Yogilates	09:45 - 10:40 Smovey	09:30 - 10:25 Pilates Flow	10:00 - 10:55 Body Forming	10:45 - 12:10 Hatha Yoga	
12:15 - 13:10 Maximum Pump	17:15 - 18:10 Vinyasa Yoga	17:30 - 18:25 Maximum Pump	09:45 - 10:40 Aqua Fit	11:00 - 11:55 Gesunder Rücken		
17:30 - 18:25 Pilates	18:00 - 18:55 Aqua Fit	18:30 - 19:25 Gesunder Rücken	17:30 - 18:25 Zumba® + Zumbastro	17:00 - 17:55 Zumba®		
18:30 - 19:15 Schwimmtraining (An..	18:15 - 18:30 Bauch Workout	19:30 - 20:25 Spinning	18:30 - 19:25 Pilates	18:00 - 18:55 Bodyforming Workout		
18:30 - 19:25 Piloxing	18:30 - 19:25 Bodyforming Workout		19:30 - 20:55 Yoga			
19:15 - 20:00 Schwimmtraining (Fo..	19:30 - 20:25 Spinning					
19:30 - 20:55 Hatha Yoga						

- Ausdauer
- Kräftigung, Form...
- Körper und Geist...
- Pool
- Rücken
- Tanz und Choreog...

Stand: 03.10.2017