

# Kursplan

16.07.2018 - 22.07.2018

Home of Balance  
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Montag 16.07.2018	Dienstag 17.07.2018	Mittwoch 18.07.2018	Donnerstag 19.07.2018	Freitag 20.07.2018	Samstag 21.07.2018	Sonntag 22.07.2018
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 Tagrid	08:30 - 09:25 Body Forming Oksana	08:15 - 09:40 Hatha Yoga Katharina	09:00 - 10:00 FT Strength	08:30 - 09:55 Hatha Yoga Katharina	10:00 - 11:00 FT Burn	
12:15 - 13:10 Maximum Pump Simone	09:00 - 10:00 FT Burn	09:00 - 10:00 FT Mobility	09:30 - 10:25 Pilates Flow Tagrid	09:00 - 10:00 FT Burn		
17:30 - 18:25 Pilates Monika	09:30 - 10:25 Yogilates Marie Luise	09:45 - 10:40 Smovey Tagrid	09:45 - 10:40 Aqua Fit Bianca	10:00 - 10:55 Body Forming Oksana		
18:30 - 19:15 Schwimmtraining (An... Sebastian	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		
18:30 - 19:30 FT Burn	17:00 - 18:10 Vinyasa Yoga Annette W.	18:30 - 19:25 Gesunder Rücken Sigrun	18:30 - 19:25 Pilates Monika	17:00 - 17:55 Zumba® Ivonne		
18:30 - 19:25 FunTone®	18:00 - 18:55 Aqua Fit Ludmilla	18:30 - 19:30 FT Strength	18:30 - 19:30 FT Burn	18:00 - 18:55 Bodyforming Workout... Oksana		
19:15 - 20:00 Schwimmtraining (Fo... Sebastian	18:15 - 18:30 Bauch Workout		19:30 - 20:55 Yoga Monika	18:30 - 19:30 FT Movement		
19:30 - 20:55 Hatha Yoga Katharina	18:30 - 19:25 Bodyforming Workout... Oksana					
	18:30 - 19:30 FT Mobility					

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

Stand: 19.07.2018