

Kursplan

17.12.2018 - 23.12.2018

Home of Balance
Messestraße 1
6850 Dornbirn



+43 5572 3 888 60
rezeption@homeofbalance.at

Montag 17.12.2018	Dienstag 18.12.2018	Mittwoch 19.12.2018	Donnerstag 20.12.2018	Freitag 21.12.2018	Samstag 22.12.2018	Sonntag 23.12.2018
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 Burn	09:15 - 10:40 Hatha Yoga Beret	09:30 - 10:55 Yoga Beret
08:30 - 09:25 Gesunder Rücken Annette	08:30 - 09:25 Body Forming Oksana	08:15 - 09:40 Hatha Yoga Katharina	09:00 - 10:00 FT Strength	08:30 - 09:55 Yoga Sanft Katharina	10:00 - 11:00 FT Burn	10:00 - 11:00 FT Burn
09:30 - 10:25 Fatburner Oksana	09:00 - 10:00 FT Burn	09:00 - 10:00 FT Mobility	09:30 - 10:25 Pilates Flow Beret	09:00 - 10:00 FT Mobility	10:45 - 12:10 Hatha Yoga Mario	
12:15 - 13:10 Maximum Pump Anna	09:30 - 10:25 Yogilates Marie Luise	09:45 - 10:40 Balance & Koordinat... Isabell	09:45 - 10:40 Aqua Fit Bianca	10:00 - 10:55 Body Forming Oksana		
17:20 - 18:15 Pilates Monika	14:00 - 15:00 FT Mobility	17:30 - 18:25 Maximum Pump Simone	17:30 - 18:25 TösöX Oksana	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 Movement	18:00 - 19:00 FT Strength	17:00 - 17:55 Zumba@ Ivonne		
18:20 - 19:15 Spinning Gloria	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 - 19:15 Schwimmtraining (An... Sebastian	18:00 - 19:00 FT Mobility	19:00 - 20:00 FT Burn	19:30 - 20:55 Yoga Monika	18:00 - 19:00 FT Movement		
19:00 - 20:00 FT Movement	18:15 - 18:30 Bauch Workout Oksana	19:30 - 20:25 Spinning Sigrun		19:00 - 19:25 Bauch Workout Oksana		
19:15 - 20:00 Schwimmtraining (Fo... Sebastian	18:30 - 19:25 Bodyforming Workout... Oksana					
19:30 - 20:55 Hatha Yoga Katharina	19:00 - 20:00 FT Strength					

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

Stand: 18.12.2018