

Kursplan Sommer 2018

HOME OF BALANCE

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Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:30 - 09:25 Gesunder Rücken Annette	07:30 - 08:25 Zumba® Ivonne	08:15 - 09:40 Hatha Yoga Katharina	08:30 - 09:25 Gesunder Rücken Catrin	08:30 - 09:55 Hatha Yoga Katharina	09:15 - 10:40 Hatha Yoga Andrea	
09:30 - 10:25 Strong by Zumba® Ivonne	08:30 - 09:25 Body Forming Oksana	09:45 - 10:40 Smovey Tagrid	09:30 - 10:25 Pilates Flow Tagrid	10:00 - 10:55 Body Forming Oksana		
12:15 - 13:10 Maximum Pump Simone	09:30 - 10:25 Yogilates Marie Luise	17:30 - 18:25 Maximum Pump Simone	09:45 - 10:40 Aqua Fit Bianca	11:00 - 11:55 Gesunder Rücken Sigrun		
17:30 - 18:25 Pilates Monika	17:00 - 18:10 Vinyasa Yoga Annette	18:30 - 19:25 Gesunder Rücken Sigrun	17:30 - 18:25 Strong by Zumba® Cynthia	17:00 - 17:55 Zumba® Ivonne		
18:30 - 19:15 Schwimmtraining (A) Sebastian	18:00 - 18:55 Aqua Fit Ludmilla		18:30 - 19:25 Pilates Monkia	18:00 - 18:55 Bodyforming Workout Oksana		
18:30 - 19:25 FunTone® Ludmilla	18:15 - 18:30 Bauch Workout Trainer		19:30 - 20:55 Yoga Monika			
19:15 - 20:00 Schwimmtraining (Fg) Sebastian	18:30 - 19:25 Bodyforming Workout Oksana					
19:30 - 20:55 Hatha Yoga Katharina						

- Ausdauer
- Kräftigung, Form...
- Körper und Geist...
- Pool
- Rücken
- Intervall und Kräftigung

Stand: 13.10.2017