

UNSER KURSPLAN

Alles auf einen Blick

MONTAG

8.00 - 8.45 Rückenfit
9.00 - 9.15 Meditation
9.00 - 9.45 Aquafitness
9:30 - 10.15 Yoga
10.00 - 10.45 Aquafitness
11.00 - 11.45 Aquafitness
16.00 - 16.45 Langhantel
16.00 - 16.45 Aquafitness
17.00 - 17.45 BBP
17.00 - 17.45 Aquafitness
18.00 - 18.45 Rückenfit
18.00 - 18.45 Aquafitness
19.00 - 19.45 Fitnessboxen
20.00 - 20.45 Step Aerobic

DIENSTAG

8.00 - 8.45 Rückenfit
8.00 - 8.45 Aquafitness
9.00 - 9.45 BBP
9.00 - 9.45 Aquafitness
10.00 - 10.45 Aquafitness
15.00 - 15.45 Aquafitness
16.00 - 16.45 Aquafitness
17.00 - 17.45 Dance Fit
17.00 - 17.45 Aquafitness
18.00 - 18.45 Step Aerobic
18.15 - 18.45 Hiit
19.00 - 19.45 Functional

MITTWOCH

9.00 - 9.45 Aquafitness
9.00 - 9.45 Langhantel
10.00 - 10.45 Aquafitness
11.00 - 11.45 Aquafitness
13.30 - 14.30 Yoga
14.30 - 18.45 Schwimmschule
16.00 - 16.45 Pilates
17.00 - 17.45 Aroha
17.45 - 18.15 Stretching
18.00 - 19.00 Fitnessboxen
18.45 - 19.45 Yoga
19.45 - 20.15 Meditation

DONNERSTAG

9.30 - 10.15 Pilates
10.30 - 11.00 Stretching
14.00 - 14.45 Aquafitness
15.00 - 15.45 Aquafitness
15.30 - 16.30 Yoga
16.00 - 16.45 BBP
16.00 - 16.45 Aquafitness
17.00 - 17.45 Tai Aerobic
17.00 - 17.45 Aquafitness
18.00 - 18.45 Pound®
18.00 - 18.45 Kettlebell
18.00 - 18.45 Aquafitness
19.00 - 19.45 Functional
19.00 - 19.45 Aquafitness

FREITAG

8.00 - 8.45 Rückenfit
8.00 - 8.45 Aquafitness
9.00 - 9.45 Aquafitness
10.00 - 10.45 Aquafitness
13.00 - 13.30 Faszien
13.30 - 14.15 Rückenfit
14.30 - 15.15 Aroha
15.30 - 16.15 Pilates
16.30 - 17.15 BBP
17.30 - 18.15 Langhantel

SAMSTAG

9.30 - 14.30 Schwimmschule
Jeden 2. **SONNTAG** ab 8.12.
9.00 - 9.45 Rückenfit
10.00 - 10.45 BBP

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21 Fitness GmbH
Am Gallberg 21
14770 Brandenburg an der Havel
kontakt@21fitness.de
www.21fitness.de