

KURSPLAN

SECRET MOVES & .WORKERS HALL

Gültig ab 19.08.2024

Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag		Sonntag			
Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 3 Workers Hall	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 3 Workers Hall	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 3 Workers Hall	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 3 Workers Hall	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 3 Workers Hall	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves	Kursraum 1 Secret Moves	Kursraum 2 Secret Moves		
					09:30 - 10:30 Ballance Balls						09:30 - 10:30 Aerial Yoga						10:15 - 11:15 Basic		10:15 - 11:15 Intermediate	
10:00 - 11:00 Free Train	10:00 - 11:00 Free Train																11:30 - 12:30 Basic		11:15 - 12:15 Free Train	11:15 - 12:15 Free Train
																	12:45 - 13:45 Extended		12:15 - 13:15 Extended	
																	14:00 - 15:00 Probestunde		13:30 - 14:30 Basic	
16:00 - 17:00 Free Train	16:00 - 16:50 Kids 6-8		16:00 - 17:00 Free Train	16:00 - 16:50 Kids 9-11		16:00 - 17:00 Free Train	16:00 - 16:50 Kids 6-8		16:00 - 17:00 Free Train	16:00 - 16:50 Kids 9-11		16:00 - 17:00 Free Train	16:00 - 17:00 Free Train							
17:00 - 18:00 Basic	17:00 - 17:50 Teens Extended	17:00 - 17:45 BOP	17:00 - 18:00 Extended	17:00 - 17:50 Teens Basic	17:00 - 17:45 HOOP FIT	17:00 - 18:00 Free Train	17:00 - 17:50 Teens Extended	17:00 - 17:45 ZUMBA	17:00 - 18:00 Extended	17:00 - 17:50 Teens Basic	17:00 - 17:45 Ballance Balls	17:00 - 18:00 Intermediate	17:00 - 18:00 Free Train	17:00 - 17:45 JUMP FIT						
18:15 - 19:15 Flexibility	18:00 - 19:00 Hoop Basic	18:00 - 18:45 Bungee Fit	18:15 - 19:15 Extended	18:00 - 19:00 Advanced	18:00 - 18:45 Fitness Yoga	18:00 - 19:00 Basic	18:15 - 19:15 Basic	18:00 - 18:45 Bungee Fit	18:15 - 19:15 Technique	18:00 - 19:00 Heel	18:00 - 18:45 Fitness Yoga	18:15 - 19:15 Extended	18:00 - 19:00 Flexibility	18:00 - 19:00 Barre Konzept						
19:30 - 20:30 Extended	19:15 - 20:15 Hoop Exten.	19:00 - 20:00 Barre Konzept	19:30 - 20:30 Intermediate	19:15 - 20:15 Hoop Interm.	19:00 - 20:00 PUMP IRON	19:15 - 20:15 Extended	19:30 - 20:30 Flexibility	19:00 - 20:00 Aerial Yoga	19:30 - 20:30 Technique	19:15 - 20:15 Advanced	19:00 - 20:00 Step Aerobic	19:30 - 20:30 Basic	19:15 - 20:15 Heel Pole	19:15 - 20:15 Aerial Yoga						
20:45 - 21:45 Intermediate	20:30 - 21:30 Hoop Interm.		20:45 - 21:45 Basic	20:30 - 21:30 Flexibility	20:00 - 20:30 Core Mix	20:30 - 21:30 Intermediate	20:30 - 21:30 Free Train		20:45 - 21:45 Basic	20:30 - 21:30 Flexibility	20:00 - 20:30 Core Mix	20:45 - 21:45 Extended								

Öffnungszeiten Workers Hall :

Mo. - Fr. 08:30 - 22:00 Uhr
 Sa. + So. 10:00 - 16:00 Uhr