

Kursprogramm Juli 2018 Workout - Wasserwelt



WORKOUTWASSERWELT · Fitnesswelt Braunschweig GmbH · Am Schützenplatz 1 · 38114 Braunschweig · T.(0531)180 50 640 · F. (0531) 180 50 645

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.00 - 10.00 RÜCKEN-FIT (1)	09.00 - 09.25 TABATA (1) POLAR.	08.30 - 09.00 LANGHANTELTRAIN. (2)	08.45 - 10.15 YOGA (1)	08.30 - 09.20 AEROBIC I (1)		09.30 - 10.15 AQUA FIT
08.45 - 09.45 PILATES (2)	09.30 - 10.00 STEP I (1) POLAR.	09.00 - 09.50 Ü50 BBP (1)	10.00 - 10.45 AQUA FIT	09.30 - 09.55 BBP EXPRESS (1)		10.00 - 11.00 CYCLE (2) POLAR.
10.00 - 10.30 STRETCH & RELAX (1)	10.00 - 10.30 FASZIENTRAINING (1)	09.00 - 09.50 POLAR. ZUMBA® GOLD (2)		10.00 - 10.55 PILATES (1)		11.30 - 12.30 SURPRISE (1)
	10.00 - 10.45 AQUA FIT	10.00 - 10.50 RÜCKEN-FIT (1)		11.00 - 11.30 STRETCH & RELAX (1)		
17.00 - 17.25 BAUCH-FIT (1)	17.30 - 17.55 BAUCH FIT (1)		17.15 - 17.40 BAUCH-FIT (1)	16.00 - 16.30 BAUCH-FIT (1)		13.00 - 14.00 DANCEHALL FITNESS (1)
17.30 - 18.00 TABATA (1) POLAR.	17.30 - 17.45 POLAR. CYCLE EINFÜHR. (2)	16.30 - 17.20 STEP FATBURNER (1)	17.45 - 18.45 NEU! AROHA (1)	16.30 - 17.30 PILATES (1)	18.00 - 18.45 AQUA FIT	16.00 - 16.30 FASZIEN TRAINING (1)
17.30 - 18.20 STEP FATBURNER (2)	17.45 - 19.00 ! CYCLE (2) POLAR.	17.00 - 17.25 BAUCH-FIT (2)	18.00 - 19.00 CYCLE (2) POLAR.	17.30 - 18.30 KICKBOX WORKOUT (1)		16.30 - 17.30 PILATES (1)
18.30 - 19.30 ! ZUMBA (1) POLAR.	18.00 - 18.30 TABATA (1) POLAR.	17.30 - 18.30 NEU! HOT IRON I (2)	19.00 - 19.50 STEP I (1)			18.00 - 18.45 AQUA FIT
18.30 - 19.40 YOGA (2)	18.00 - 18.45 AQUA FIT	17.30 - 18.25 PILATES (1)	19.50 - 20.40 M.A.X. (1) POLAR.			
19.45 - 20.45 CYCLE (2) POLAR.	19.10 - 20.30 YOGA (1)	18.00 - 18.25 TRX® (4)				
20.00 - 20.45 AQUA FIT		18.30 - 19.30 RÜCKEN-FIT (2)				