





KURSE AN LAND

GÜLTIG AB 30. APRIL 2018

MONTAG		DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG		SA	SO
	09.00 – 10.00 Pilates Carmen M.		09.00 – 10.00 fle-xx WS Sonja				09.00 – 10.00 Pilates Kirstin B.			09.00 – 10.00 Body- forming Sonja		09.00 – 10.00 Zumba Gold® Evelyn	09.00 – 10.00 fle-xx WS Traude	
10.00 – 11.00 fle-xx WS Sören				09.30 – 11.00 RG Yoga Silvia Maria	10.00 – 11.00 WORLD JUMPING® Kirstin	10.00 – 11.00 fle-xx WS Alexander			10.00 – 10.30 Bauch intensiv Milena	10.00 – 11.00 fle-xx WS Sonja			10.00 – 11.00 Eutonie Traude	10.00 – 11.00 Pilates Helga
									11.00 – 12.00 WORLD JUMPING® Marilyn					11.00 – 12.00 Body PUMP® Stefan
17.30 – 18.30 fle-xx WS Sylvia	17.30 – 18.30 Body- forming Elena A.	17.00 – 18.30 Hatha Yoga Santosh	17.00 – 18.00 bodyArt Maty				16.30 – 17.00 fle-xx Pur Rainer	17.00 – 18.00 Core intensiv Carmen P.	17.00 – 18.00 WORLD JUMPING® Milena			16.30 – 17.30 bodyArt Carmen P.	17.30 – 18.30 Pilates Carmen M.	17.00 – 18.00 WORLD JUMPING® Marilyn
18.30 – 19.30 WORLD JUMPING® Sylvia	18.30 – 19.30 Faszien Pilates Elena A.		18.00 – 19.00 Body PUMP® Jule	18.00 – 19.00 Body- forming Meike Z.	18.00 – 19.00 Pilates Sabine A.	17.15 – 18.15 WORLD JUMPING® Sylvia	17.45 – 18.45 Indoor Cycling Carolin	18.30 – 20.00 RG Yoga Silvia Maria	18.00 – 19.00 Fit Mix Susanne P.	18.15 – 19.15 Indoor Cycling Marina		17.45 – 18.45 deep- WORK™ Irene Z.	18.30 – 19.30 fle-xx WS Carmen M.	
19.30 – 20.30 Zumba® Elena A.	19.30 – 20.30 Indoor Cycling Dieter		19.15 – 19.45 Bauch intensiv Hanadi	19.30 – 20.30 fle-xx WS Carmen B.	19.00 – 20.30 Vinyasa Yoga Meike	18.15 – 19.15 Body PUMP® Sylvia	18.45 – 19.45 bodyArt Carmen P.		19.00 – 20.00 deep- WORK™ Susanne P.	19.30 – 20.30 Pilates Hanadi	19.00 – 19.30 Bauch intensiv Hanadi	18.45 – 19.45 Body PUMP® Irene Z.		
			19.45 – 20.45 Faszien Pilates Hanadi			19.30 – 20.30 Zumba® Marco	19.45 – 20.45 fle-xx WS Sylvia	20.00 – 21.00 Pranayama & Meditation Silvia Maria	20.00 – 21.00 Zumba® Marilyn					

● Straffung & Figur ● Entspannung & Ausgleich ● Fettverbrennung & Herz

1. SPALTE = Kursraum EINS (EC), 2. SPALTE = Kursraum ZWEI (OG links), 3. SPALTE = Kursraum DREI (OG rechts)

KURSE IM WASSER

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.00 – 09.45 Aqua Slow Evelyn	09.00 – 09.45 Aqua Slow Evelyn	09.00 – 09.45 Aqua Slow Nadine	09.00 – 09.45 Aqua Zumba Marilyn		09.30 – 10.15 Aqua Fit Maria/Marilyn	09.30 – 10.15 Aqua Fit Team
10.15 – 11.00 Aqua Fit Hanadi	10.00 – 10.45 Aqua Zumba Evelyn	10.00 – 10.45 Aqua Fit Nadine	10.00 – 10.45 Aqua Slow Marilyn	10.15 – 11.00 Aqua Zumba Evelyn	10.30 – 11.15 Aqua Power Maria/Marilyn	10.30 – 11.15 Aqua Slow Team
13.00 – 13.45 Aqua Fit Simone		11.00 – 11.45 Aqua Fit Nadine				
		16.00 – 16.45 Aqua Slow Elena A.	16.00 – 16.45 Aqua Fit Thomas	16.30 – 17.15 Aqua Fit Marilyn	16.00 – 16.45 Aqua Zumba Marilyn	
18.00 – 18.45 Aqua Fit Maria	18.00 – 18.45 Uhr Aqua Fit Michaela	17.00 – 17.45 Aqua Fit Elena A.	17.00 – 17.45 Aqua Fit Thomas	17.30 – 18.15 Aqua Zumba Marilyn		
19.00 – 19.45 Aqua Power Maria	19.00 – 19.45 Aqua Power Michaela	18.00 – 18.45 Aqua Slow Stefan	18.00 – 18.45 Aqua Fit Marilyn	18.30 – 19.15 Aqua Fit Marilyn		
			19.00 – 19.45 Aqua Fit Marilyn			

ÖFFNUNGSZEITEN: Mo, Mi, Fr 07.00 – 22.30 Uhr | Di, Do 08.00 – 22.30 Uhr | Sa 09.00 – 20.30 Uhr | So & Feiertage 08.00 – 20.30 Uhr

KINDERBETREUUNG: Mo – Fr 08.30 – 12.30 Uhr | Di 16.15 – 19.30 Uhr* | Sa 15.30 – 18.30 Uhr* | So & Feiertage 10.00 – 13.00 Uhr *nicht in den Sommerferien

Aktuelle Kurs-Informationen: www.premium-resort-denzlingen.de