

Kursplan AQUA FIT im LEUZE // ab 04. Oktober 2021

>> Der Vorverkauf hat begonnen !!

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:15 - 07:00 Aqua Gym 45 Lilly		06:15 - 07:00 Aqua Gym 45 Lilly	06:15 - 07:00 Aqua Gym 45 Otto	06:15 - 07:00 Floating Workout 45 Nadine		
07:15 - 08:00 Aqua Gym 45 Lilly		07:15 - 07:45 Aqua Gym 30 Lilly	07:15 - 08:00 Aqua Gym 45 Otto	07:15 - 07:45 Floating Workout 30 Nadine		
08:15 - 09:00 Holistic Yoga Carmen		08:00 - 08:30 Bewegte Kundalini Meditation Carmen	08:15 - 08:45 Aqua Gym 30 Otto	08:00 - 08:30 Floating Ballet Nadine		
09:15 - 09:45 Bewegte Kundalini Meditation Carmen		08:45 - 09:15 Free Waterdance Carmen	09:00 - 09:30 Aqua Gym 30 Otto	08:45 - 09:15 <i>Kurs in Planung</i> <i>www.aquafit-stuttgart.de</i>		
			09:45 - 10:15 Aqua Gym 30 Otto	09:30 - 10:00 <i>Kurs in Planung</i> <i>www.aquafit-stuttgart.de</i>		
				17:15 - 18:00 Aqua Gym 45 Bea		
				18:15 - 19:00 Aqua Gym 45 Bea		
19:15 - 19:45 <i>Kurs in Planung</i> <i>www.aquafit-stuttgart.de</i>		19:00 - 19:45 Aqua Gym 45 Petra	19:15 - 20:00 Floating Workout 45 Antje	19:15 - 20:00 Aqua Zumba Bea		
20:00 - 20:30 <i>Kurs in Planung</i> <i>www.aquafit-stuttgart.de</i>	19:45 - 20:30 Exotic Waterdance Carmen	20:00 - 20:45 Aqua Gym 45 Petra	20:15 - 21:00 Floating Workout 45 Antje	20:15 - 21:00 Aqua Zumba Bea		
		21:00 - 21:45 Aqua Gym 45 Petra	21:15 - 21:45 Floating Workout 30 Antje	21:15 - 21:45 Aqua Gym 30 Bea		
		22:00 - 22:30 Aqua Gym 30 Petra	22:00 - 22:30 Floating Relax Antje	22:00 - 22:30 Aqua Gym 30 Bea		

Wasserkurse im 11er-Block = 11 x 30 Min. für 99,- bzw. 11 x 45 Min. für 139,- inkl. Eintritt ins LEUZE

>> www.aquafit-stuttgart.de

LEGENDE	Aqua Gym 45 Min.	Aqua Gym 30 Min.	Floating 45 Min.	Floating 30 Min.	Special 45 Min.	Special 30 Min.
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