

Kursplan aerobiczone ab März 2017



aerobiczone

zone 1 Kreuzlingen | zone 2 Tägerwilen

Tag	Uhrzeit	Kategorie	Trainer
MONTAG	08.30 – 09.25	Step & Tone ***	Katja
	09.00 – 09.55	zone 2 Deep Work ***	Angelika
	09.30 – 10.25	Pilates ***	Conni
	12.15 – 13.00	Pump	Conni
	17.00 – 17.30	Fit-Xpress	Alicia
	17.30 – 17.55	Bauch, Beine, Po	Alicia
	18.00 – 18.55	Bodytoning	Beatrice
	19.00 – 19.55	Step & Tone	Denise
	20.00 – 20.55	Zumba®	Geraldine
DIENSTAG	08.30 – 09.25	Pilates & Faszien ***	Denise
	09.30 – 09.55	M.A.X.® ***	Denise
	10.00 – 10.25	Bodytoning ***	Denise
	10.45 – 11.40	Zumba®Gold	Yvonne
	12.15 – 13.00	DeepWork	Nina
	17.00 – 17.55	Zumba®	Vero
	18.00 – 18.55	Dance Aerobic™ (Level II)	Katja
	18.00 – 18.55	zone 2 Zumba® & Sculpt & Fitness	Alicia
	19.00 – 19.55	Step (Level II - III)	Katja
	20.00 – 20.55	Pilates	Denise
MITTWOCH	8.30 – 09.25	Zumba® ***	Geraldine
	09.00 – 09.55	zone 2 Deep Work ***	Beatrice
	09.30 – 10.25	Pump ***	Conni
	12.15 – 13.00	Pilates	Conni
	17.00 – 17.55	Pump	Vero
	18.00 – 18.25	M.A.X.®	Anne
	18.30 – 18.55	Bauch, Beine, Po	Anne
	18.30 – 19.25	zone 2 Piloxing	Geraldine
	19.00 – 19.55	Antara Weights	Daniela
20.00 – 20.55	Chi Yoga	Angelika	
DONNERSTAG	08.30 – 09.25	Bodytoning	Daniela
	09.00 – 09.55	zone 2 Piloxing ***	Nadine
	09.30 – 10.25	Chi Yoga	Yvonne
	10.45 – 11.40	Zumba®Gold	Yvonne
	18.00 – 18.55	Pump	Anne
	19.00 – 19.55	Zumba®	Vero
	20.00 – 20.55	Zumba®	Carlos
	21.00 – 21.25	Sixpack	Carlos
FREITAG	08.30 – 09.25	Pump ***	Simon
	08.30 – 09.25	zone 2 Antara ***	Daniela
	09.30 – 10.25	Step & Tone ***	Denise
	09.30 – 10.25	zone 2 Deep Work ***	Daniela
	12.15 – 13.00	zone 2 Bauch, Beine, Po	Anne
	17.00 – 17.55	Pump	Nicole T.
18.00 – 18.55	Pilates & Faszien	Franzi	
SAM.	09.30 – 10.25	Bodytoning/Functionaltraining	Carlos
	10.00 – 10.55	zone 2 Deep Work	Teamplan
	10.30 – 11.45	Chi Yoga	Teamplan
SONNTAG	10.00 – 10.25	M.A.X.®	Teamplan
	10.30 – 10.55	Bauch Express®	Teamplan
	10.00 – 10.55	Fatburner	Teamplan
	11.00 – 11.55	Pump	Teamplan
	12.00 – 12.55	Zumba®	Mirela

NEU ab 06.03

NEU ab 10.03