

Kursplan ab April 2012

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Indoor Cycling 07:30 - 08:15 Carolyn	Wirbelsäulengym. 07:30 - 08:15 Nils	Pilates 07:30 - 08:30 Petra		Yoga 07:15 - 08:30 Denise
Rückenfit 11:30 - 12:15 Karina		Power Walking 11:30 - 12:00 Antonia		
Rückenfit 12:15 - 13:00 Karina	Boxercise 12:15 - 13:00 Nils	Yoga 12:10 - 12:55 Petra	Zumba 12:15 - 13:00 Agata	
	Pump 13:00 - 13:30 Karina	Indoor Cycling 13:00 - 13:30 Karina	Back & Stretch 13:00 - 13:30 Karina	Bauch Extreme 13:00 - 13:30 Karina
Nordic Walking 17:00 - 18:00 Karina				
Bodytoning 18:00 - 19:00 Sybille	Pilates 18:00 - 19:00 Alexandra	Bauchkiller 18:00 - 18:30 Antonina	Hot Iron 18:00 - 19:00 Nadine	
	Zumba 19:00 - 20:00 Miguel	Fatburner Step 18:30 - 19:30 Antonina		
Bauchkiller 19:00 - 19:30 Sybille			Indoor Cycling 19:00 - 20:00 Nadine	
Gesundheitskurse	30 Minuten Kurse	45 Minuten Kurse	60/90 Minuten Kurse	Voranmeldung

Tel: 069-66370688 - fitness@sonahealth.de
 Öffnungszeiten: Mo. & Mi 6:30 - 22:00 Di, Do, Fr. 7:00 - 21:00