

YOGA & FITNESS COURSES SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 MORNING YOGA</p>	<p>10:00 WORKOUT Abbs, butt, thighs <i>Bauch, Beine, Po</i></p>	<p>10:00 FREELETHICS workout without weights / <i>ohne Gewichte</i></p>	<p>10:00 TABATA interval training / <i>Intervall-Training</i></p>	<p>10:00 BACK EXERCISES</p>
<p>10:00 FITNESS WORKOUT with dumb bells/ <i>mit Handeln</i></p>	<p>11:00 KIDS LIMBO DANCE</p>	<p>14:00 AQUA FITNESS</p>	<p>14:00 AQUA FITNESS</p>	<p>14:00 AQUA FITNESS</p>
<p>14:00 AQUA FITNESS</p>	<p>14:00 AQUA FITNESS</p>	<p>SWIM COURSES FOR KIDS On request. 60 €/hour KINDER SCHWIMMKURSE <i>Auf Anfrage. 60 €/Stunde</i></p>	<p>19:00 EVENING YOGA</p>	<p>PERSONAL TRAINING On request. <i>Auf Anfrage.</i> 80 €/Stunde</p>