

Kursplan Fit&Fun

ALEXA HARST

Eichenruther Straße 26
52146 Würselen
Telefon: 02462 4218337
E-Mail: aharst@t-online.de



TANZ & GYMNASTIK

| Uhrzeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|---------|--------------------------|-------------------------|-----------------------|-------------------------|------------------------------------|---------------------|
| 8.00 | 8.00-9.45 Uhr | | | | | |
| 8.15 | Walking | | | | | |
| 8.30 | | | | | | |
| 8.45 | | | | | | |
| 9.00 | Bodystyling | 9.00-10.00 Uhr | 9.00-9.45 Uhr | Bodystyling | 9.00-10.00 Uhr | |
| 9.15 | | | | 8.30-9.15 Uhr | | |
| 9.30 | 9.00-9.45 Uhr | | Fit4ever | 9.15-9.30 Uhr | Bodystyling | |
| 9.45 | 9.45-10.00 Uhr | Bodystyling | | Stretching | | |
| 10.00 | Stretching | | | | | |
| 10.15 | | | | | | |
| 10.30 | | | | | | |
| 10.45 | | | | | | |
| 11.00 | | | | | | |
| 11.15 | | | | | | 11.00-12.00 Uhr |
| 11.30 | | | | | | Salsarobic |
| 11.45 | | | | | | |
| 12.00 | | | | | | |
| 15.00 | | | | | | |
| 15.15 | | | | | | |
| 15.30 | | | | | | |
| 15.45 | | | | | | |
| 16.00 | | | | | 15.30-16.15 Uhr | |
| 16.15 | | | | | Body Workout* | |
| 16.30 | | | | | | |
| 16.45 | | | | 16.00-16.45 Uhr | | |
| 17.00 | | | | | | |
| 17.15 | | | | | | |
| 17.30 | | | | | | |
| 17.45 | | | | | | |
| 18.00 | Shape & Dance | Jazzy | Drums Alive | Sixpack Training | Bauch & Rücken-training | 17.00-18.00 Uhr |
| 18.15 | | | | | | Bodystyling |
| 18.30 | 18.00-18.45 Uhr | 18.00-18.45 Uhr | | 18.00-18.30 Uhr | 15.00-18.50 Uhr | 18.00-19.00 Uhr |
| 18.45 | 18.45-19.30 Uhr | 19.00-19.30 Uhr | 18.45-19.30 Uhr | 18.30-19.15 Uhr | | Ballett Ü 30 |
| 19.00 | Pilates Workout | 19.00-20.00 Uhr | | 19.15 Uhr | 18.30-19.15 Uhr | |
| 19.15 | | | | | 19.30-19.30 Uhr | |
| 19.30 | | | | | | |
| 19.45 | | | | | | |
| 20.00 | | Body-styling | | Body-styling | Dance 2 go | |
| 20.15 | | | | 19.30-20.30 Uhr | Musical Dance | |
| 20.30 | | | | | | |
| 20.45 | | | | | | |
| 21.00 | | Faszien-training | Männer Fitness | | | |