

Kursplan gültig ab 10.06.24

Zeit	Montag 10.06.	Dienstag 11.06.	Mittwoch 12.06.	Donnerstag 13.06.	Freitag 14.06.	Samstag 15.06.	Sonntag 16.06.
06:00	6:15 "Best Friends" Training ☆☆ 50min	6:15 TotalBodyWorkout ☆☆ 27min	6:15 Yoga Vinyasa ☆☆ 27min	6:15 "Best Friends" Training ☆☆ 50min	6:30 Mama Fitness ☆☆ 50min		
07:00	7:30 Yoga On Beat ☆☆ 51min	7:00 "Best Friends" Training ☆☆ 50min	7:15 RückenFit ☆☆ 27min	7:30 TotalBodyWorkout ☆☆ 27min	07:30 Rücken Fit ☆☆ 21min		
08:00	8:15 "Best Friends" ☆☆ 50min	8:00 All Inn ☆☆ 29min	8:00 Mama Fitness ☆☆ 50min	8:30 Pilates ☆☆ 51min	8:00 Build Fire ☆☆ 55min	08:00 "Best Friends" Training ☆☆ 50min	
09:00	09:00 AquaFit mit Marcus ☆☆ 30min	09:00 Mama Fitness ☆☆ 51min	9:00 Strong Back ☆☆ 51min	09:00 AquaFit mit Marcus ☆☆ 30min	9:00 Yoga Live ☆☆ 51min	9:00 Crash & Burn ☆☆ 52min	
10:00	09:45 Seniorengymnastik mit Marcus ☆☆ 45min	10:00 Bauch Beine Po ☆☆ 27min	10:00 RückenFit ☆☆ 27min	09:45 Rückenfit mit Marcus ☆☆ 45min	10:00 "Best Friends" ☆☆ 50min	10:00 "Best Friends" ☆☆ 50min	10:00 "Best Friends" Training ☆☆ 45min
11:00	11:00 "Best Friends" Training ☆☆ 40min	10:30 BasicStretching ☆☆ 13min	10:30 Basic Stretching ☆☆ 13min	11:30 Fat Attack ☆☆ 28min	11:00 Dance Live ☆☆ 50min	11:00 Yoga ☆☆ 51min	11:00 Mama Fitness ☆☆ 51min
12:00	11:45 Mama Fitness ☆☆ 51min	11:15 Yoga ☆☆ 52min	11:00 "Best Friends" Training ☆☆ 50min	12:00 "Best Friends" Training ☆☆ 50min	12:00 CoreWork ☆☆ 26min	12:00 Booty&Band ☆☆ 17min	12:15 More Than Cycling ☆☆ 55min
13:00	13:00 Pilates ☆☆ 28min	12:00 "Best Friends" Training ☆☆ 50min	12:00 Yoga Live ☆☆ 50min	13:00 Mama Fitness ☆☆ 51min	13:15 Bauch Beine Po ☆☆ 27min	12:30 Step Live ☆☆ 50min	13:15 Bauch Beine Po ☆☆ 27min
14:00	13:30 Power Stretching ☆☆ 28min	13:00 Rücken Release ☆☆ 21min	13:15 Bauch Beine Po ☆☆ 27min	14:00 Runtime ☆☆ 55min	14:00 Total Body Workout ☆☆ 49min	13:30 Power Stretching ☆☆ 28min	14:00 "Best Friends" Training ☆☆ 50min
15:00	14:00 "Best Friends" Training ☆☆ 50min	13:30 "Best Friends" Training ☆☆ 50min	14:00 Paceface ☆☆ 57min	15:00 Power Stretching ☆☆ 28min	15:00 Bauch Beine Po ☆☆ 53min	14:00 KamiBo ☆☆ 50min	15:00 Step Live ☆☆ 50min
16:00	15:15 Yoga ☆☆ 55min	14:30 Bauch Beine Po ☆☆ 27min	15:00 Power Stretching ☆☆ 28min	15:15 Mobility Flow ☆☆ 26min	16:00 Pilates Live ☆☆ 50min	15:00 Mama Fitness ☆☆ 51min	16:30 Combat ☆☆ 27min
17:00	16:15 KamiBo ☆☆ 50min	15:30 All Terrain Ride ☆☆ 84min	16:00 Box Out 2 ☆☆ 52min	16:00 Pilates ☆☆ 28min	17:00 More Than Cycling ☆☆ 55min	16:30 "Best Friends" Training ☆☆ 50min	17:00 Core Workout ☆☆ 28min
18:00	18:00 Step Live ☆☆ 45min	17:00 "Best Friends" ☆☆ 50min	17:00 "Best Friends" ☆☆ 50min	16:45 KamiBo ☆☆ 56min	18:15 HIIT ☆☆ 50min	18:00 Fire ☆☆ 55min	
19:00	19:05 Build Fire ☆☆ 55min	18:00 Step mit Stephan ☆☆ 60min	19:05 Feel The Difference ☆☆ 55min	18:00 Step mit Stephan ☆☆ 60min	19:00 "Best Friends" ☆☆ 50min	19:00 "Best Friends" Training ☆☆ 50min	
20:00	20:00 BasicStretching ☆☆ 13min	19:00 Yoga mit Renate ☆☆ 45min	20:00 Cool Down ☆☆ 11min	19:15 Yoga mit Petra ☆☆ 45min	20:00 Mobility Flow ☆☆ 12min	20:00 RückenFit ☆☆ 27min	

Für die Teilnahme an den Kursen bitten wir um eine verbindliche Voranmeldung. Mindestteilnehmerzahl: 3

nähere Infos & Preise zu unseren neuen Kursformaten erfahrt Ihr telefonisch vom Trainer-Team unter 039932 80500 oder per Mail an: fitness@fleeseensee.de

Aquakurs	Cyberkurs Indoorcycling	Kurstrainer vor Ort	Cyber Kurs Move/Body	Anfänger / fortgeschrittene Anfänger	☆☆	Fortgeschrittene	☆☆	hoher Anspruch	☆☆☆
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