

YOGA & FITNESS COURSES NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 MORNING YOGA	10:00 WORKOUT Abbs, butt, thighs <i>Bauch, Beine, Po</i>	10:00 FREELETHICS workout without weights / <i>ohne Gewichte</i>	10:00 TABATA interval training / <i>Intervall-Training</i>	10:00 BACK EXERCISES
10:00 FITNESS WORKOUT with dumb bells/ <i>mit Handeln</i>	11:00 KIDS LIMBO DANCE	14:00 AQUA FITNESS	14:00 AQUA FITNESS	14:00 AQUA FITNESS
14:00 AQUA FITNESS	14:00 AQUA FITNESS	SWIM COURSES FOR KIDS On request. 60 €/hour KINDER SCHWIMMKURSE <i>Auf Anfrage. 60 €/Stunde</i>	17:00 EVENING YOGA	PERSONAL TRAINING On request. <i>Auf Anfrage.</i> 80 €/Stunde