

Kursplan

18.02.2019 - 24.02.2019

Alfa Sports & Spa
Innsbrucker Bundesstr. 35
5020 Salzburg
+43 662 424990
info@alfasalzburg.at



Montag 18.02.2019	Dienstag 19.02.2019	Mittwoch 20.02.2019	Donnerstag 21.02.2019	Freitag 22.02.2019	Samstag 23.02.2019	Sonntag 24.02.2019
08:00 - 08:45 Aqua	09:00 - 09:55 Rücken Fit	09:00 - 09:55 Indoor Cycling	09:00 - 09:55 Stretch & Balance	09:00 - 09:45 Aqua	09:30 - 10:25 Body Shape	09:30 - 10:25 Body Shape
08:00 - 08:55 Crossworkout	09:00 - 09:55 Bodyshape	09:00 - 09:55 BBP	09:00 - 09:55 Body Shape	09:00 - 09:55 Yoga I	10:30 - 11:55 Yoga II extended	10:30 - 11:25 Latin Dance
08:00 - 08:55 Wake up Yoga	10:00 - 10:55 Stretch & Balance	09:00 - 09:55 Rücken Fit	09:00 - 09:45 Aqua	09:00 - 09:55 Crossworkout	10:45 - 11:30 Aqua	17:00 - 17:55 Iron Pump
09:00 - 09:55 Indoor Cycling	10:15 - 11:00 Aqua	10:00 - 10:55 Pilates II	10:00 - 10:55 Alfa Balance	10:00 - 10:55 BBP	19:00 - 19:25 Bauch & Rücken	17:00 - 17:45 Aqua
09:00 - 09:55 Pilates I	17:00 - 17:45 Aqua	10:00 - 11:00 Iron Pump	10:00 - 10:55 Alfa Balance	10:00 - 10:55 Rücken Fit		18:30 - 19:25 Yoga I
09:00 - 09:55 Easy Aerobics	17:20 - 18:15 Latin Dance	10:15 - 11:00 Aqua	17:00 - 17:45 Aqua	11:00 - 11:25 Stretching		19:30 - 19:45 Bauch EXPRESS
10:00 - 11:00 Iron Pump	18:00 - 18:25 Bauch	17:00 - 17:25 Stretching	17:00 - 17:55 Body Shape	17:00 - 17:55 Alfa Balance		
10:00 - 10:55 Osteo Fit	18:30 - 19:25 Iron Pump	17:30 - 18:25 BBP	18:00 - 18:55 Crossworkout	17:00 - 17:55 Iron Pump		
17:30 - 17:55 Bauch	18:30 - 19:25 Alfa Balance	18:00 - 19:25 Indoor Cycling XL	18:00 - 20:00 Kraul COURSE	18:00 - 18:25 Bauch		
18:00 - 18:55 Indoor Cycling	19:30 - 20:25 Yoga II	18:15 - 19:00 Iron Pump EXPRESS	18:30 - 19:55 Yoga II extended	18:15 - 19:00 Aqua		
18:00 - 18:55 Body Shape		18:30 - 18:55 Rücken & Bauch		18:30 - 19:25 Indoor Cycling		

- Ausdauer
- Entspannung
- Figur
- Gesundheit
- Kraft

Stand: 22.02.2019

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<p>18:00 - 18:55 Rücken Fit</p> <p>19:00 - 19:55 Yoga I</p> <p>19:00 - 19:55 Crossworkout</p> <p>19:15 - 20:00 Aqua</p>		<p>18:45 - 19:30 Aqua</p> <p>19:00 - 19:55 Dance Aerobics</p> <p>19:00 - 19:55 Alfa Balance</p>				

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Stand: 22.02.2019