

Kursplan

03.08.2020 - 09.08.2020

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



Montag 03.08.2020	Dienstag 04.08.2020	Mittwoch 05.08.2020	Donnerstag 06.08.2020	Freitag 07.08.2020	Samstag 08.08.2020	Sonntag 09.08.2020
08:00 - 08:45 Aqua	09:00 - 09:55 Rücken Fit	09:00 - 09:55 Indoor Cycling	08:00 - 08:55 Wake up Yoga	09:00 - 09:45 Aqua	09:30 - 10:25 Body Shape	09:30 - 10:25 Body Shape
08:00 - 08:55 Crossworkout	10:15 - 11:00 Aqua	09:00 - 09:55 Rücken Fit	09:00 - 09:55 Stretch & Balance	09:00 - 09:55 Yoga I	09:30 - 10:55 Yoga II extended	10:30 - 11:25 DanceFit
08:00 - 08:55 Wake up Yoga	17:30 - 18:15 Aqua	09:00 - 09:55 Body Shape	09:00 - 09:55 Body Shape	09:00 - 09:55 Crossworkout	10:45 - 11:30 Aqua	17:30 - 18:15 Aqua
09:00 - 09:55 Pilates I	17:30 - 18:25 DanceFit	10:00 - 10:55 Pilates II	09:00 - 09:45 Aqua	10:00 - 10:55 Rücken Fit	19:00 - 19:25 Rücken & Bauch	18:30 - 19:25 Yoga I
09:00 - 09:55 Easy Aerobics	17:30 - 17:55 Bauch	10:15 - 11:00 Aqua	10:00 - 10:55 Balance&Flow	10:00 - 10:55 Body Shape		19:30 - 19:45 Bauch EXPRESS
09:00 - 09:55 Indoor Cycling	18:30 - 19:25 Iron Pump	17:00 - 17:25 Stretching	18:30 - 19:25 Body Shape	11:00 - 11:25 Stretching		
10:00 - 11:00 Iron Pump	18:30 - 19:25 Balance&Flow	17:30 - 18:25 BBP	18:30 - 19:55 Yoga II extended	17:00 - 17:55 Balance&Flow		
10:00 - 10:55 Osteo Fit	19:30 - 20:25 Yoga II	18:30 - 19:25 Indoor Cycling		17:00 - 17:55 Iron Pump		
17:30 - 17:55 Bauch		18:30 - 18:55 Rücken & Bauch		18:00 - 18:25 Bauch		
18:00 - 18:55 Indoor Cycling		18:45 - 19:30 Aqua		18:15 - 19:00 Aqua		
18:00 - 18:55 Body Shape						

Ausdauer
 Kraft

Entspannung

Figur

Gesundheit

Stand: 09.08.2020

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<div data-bbox="107 373 371 453">18:00 - 18:55 Rücken Fit</div> <div data-bbox="107 459 371 539">19:00 - 19:55 Yoga I</div> <div data-bbox="107 545 371 625">19:15 - 20:00 Aqua</div>						

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 Figur

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