

Zeit	Montag 22.04.	Dienstag 23.04.	Mittwoch 24.04.	Donnerstag 25.04.	Freitag 26.04.	Samstag 27.04.	Sonntag 28.04.
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 Robert☆ 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 Robert☆☆ 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	11:15 Yoga☆☆ 52min	11:00 "Best Friends" Training☆☆ 50min	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	12:00 "Best Friends" Training☆☆ 50min	12:00 Yoga Live☆ 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	13:00 Rücken Release☆ 21min	13:15 Bauch Beine Po☆☆ 27min	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	13:30 "Best Friends" Training☆☆ 50min	14:00 Paceface☆☆☆ 57min	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	14:30 Bauch Beine Po☆☆ 27min	15:00 Power Stretching☆ 28min	15:15 Mobility Flow☆ 26min	15:00 Bauch Beine Po☆ 53min	14:00 KamiBo☆☆ 50min	15:00 Step Live☆☆ 50min
16:00	15:15 Yoga☆☆ 55min	15:30 All Terrain Ride☆☆ 84min	16:00 Box Out 2☆ 52min	16:00 Pilates☆ 28min	16:00 Pilates Live☆ 50min	15:00 Mama Fitness☆ 51min	
17:00	16:15 KamiBo☆☆ 50min		17:00 "Best Friends" ☆☆ 50min	16:45 KamiBo☆☆☆ 56min	17:00 More Than Cycling☆☆☆ 55min	16:30 "Best Friends" Training☆☆ 50min	16:30 Combat☆☆☆ 27min
18:00	18:00 Step Live☆☆ 45min	17:15 Hatha Yoga mit Tara☆☆ 45min	18:00 Pilates mit Peggy☆ 45min	18:00 Step mit Stephan☆☆ 60min	18:15 HIIT☆☆ 50min	18:00 Fire☆☆ 55min	
19:00	19:05 Build Fire☆ 55min	19:00 Yoga mit Renate☆ 45min	19:05 Feel The Difference☆☆ 55min	19:15 Yoga mit Petra☆☆ 45min	19:00 "Best Friends" ☆☆☆ 50min	19:00 "Best Friends" Training☆☆ 50min	
20:00	20:00 BasicStretching☆ 13min	20:00 RückenFit☆ 27min	20:00 Cool Down☆ 11min	20:30 TotalBodyWorkout☆☆ 27min	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@fleesensee.de

Aquakurs

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