

# Kursplan: 1. Raum 1

28.11.2022 - 04.12.2022

Caerobics  
Kulmbacher Str. 30  
96317 Kronach  
09261 52204  
info@caerobics.de



Montag 28.11.2022	Dienstag 29.11.2022	Mittwoch 30.11.2022	Donnerstag 01.12.2022	Freitag 02.12.2022	Samstag 03.12.2022	Sonntag 04.12.2022
09:00 - 10:00 Move & Style	08:45 - 09:45 Fett weg	09:00 - 10:00 Bauch, Beine, Po un...	09:00 - 10:00 TRX	09:00 - 10:00 Step-Burner	09:30 - 10:30 Yoga	18:00 - 19:00 Hip Hop - Show Danc...
10:00 - 11:00 Stretch & Relax	09:45 - 10:45 Wirbelsäulengymnast...	10:15 - 11:15 Mix Stunde	10:15 - 11:15 Yoga	10:00 - 11:00 Pilates	10:30 - 11:30 TRX Beginner	19:00 - 20:00 Hip Hop - Show Danc...
16:00 - 16:45 JUMPING KIDS (7 - 9...	16:30 - 17:30 Total Body Workout	16:30 - 17:30 Funktionelle Wirbel...	16:30 - 17:30 Total Body Workout ...	16:00 - 17:00 Weekend Moves: Danc...	11:30 - 12:30 JUMPING / Jumping I...	
16:45 - 17:30 JUMPING KIDS (10-1...	17:30 - 18:30 Step-Burner	17:30 - 18:30 Stepburner / Bauch,...	18:00 - 19:00 Exotic Pole	17:00 - 18:00 Yogilates Faszien		
17:30 - 18:30 JUMPING - Beginner	18:30 - 19:30 Zumba Power	18:30 - 19:30 JUMPING	19:00 - 20:30 Pole Dance	18:00 - 19:00 30er Express		
18:30 - 19:30 Pilates / Yogilate...	18:30 - 19:30 TRX					
19:30 - 20:30 Hula Hoop	19:30 - 20:30 Yoga					

- Aqua
- Cardio-SlimBelly...
- Entspannung
- Ferienkurs
- Figurstraffung/G...
- Figurstraffung/G...
- Gerätezirkel
- Herz-Kreislauf-T...
- Kids und Jugendl...
- Krankenkassen be...

Stand: 04.12.2022