



Ihr Aerobicstudio in Ettingen  
Brühlstrasse 11, Telefon: 061 721 04 33

MONTAG 11.10.21	DIENSTAG 12.10.21	MITTWOCH 13.10.21	DONNERSTAG 14.10.21	FREITAG 15.10.21	SAMSTAG 16.10.21
	08.00 - 08.55 Antara				
08.45 - 09.40 BBP	09.15 - 10.00 Power Tone	08.45 - 09.40 Dance Aerobic	08.45 - 09.40 BBP	08.45 - 09.40 Muscle Work	
10.00 - 10.40 Pilates		10.00 - 10.55 Toning	10.00 - 10.45 Power Tone	10.05 - 11.00 Yoga	
<b>Outdoor Training:</b>	<b>Montag</b> 18.00 - 18.45	<b>Freitag</b> 09.00 - 09.45	<b>Samstag</b> 10.00 - 10.45		
18.15 - 18.45 Power Rücken	17.45 - 18.40 Pilates	18.00 - 18.45 Rebounding	17.45 - 18.40 Yoga		
19.00 - 19.50 Fitboxen	19.00 - 19.55 BBP	19.00 - 19.50 Fitboxen	19.00 - 19.45 Group Aerobic		
20.05 - 20.55 Antara		20.05 - 20.55 Pilates	20.05 - 21.00 Muscle Work	Gültig vom 11.10.21 - 16.10.21	