

ASCARA / FITNESS / KURSE

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
7:30		SIX PACK ATTACK <i>(60 min)</i>		YOGILATES <i>(60 min)</i>			
9:00	AEMZIRKEL <i>(10 min)</i>	AEMZIRKEL <i>(10 min)</i>	AEMZIRKEL <i>(10 min)</i>	AEMZIRKEL <i>(10 min)</i>	AEMZIRKEL <i>(10 min)</i>	AEMZIRKEL <i>(10 min)</i>	AEMZIRKEL <i>(10 min)</i>
9:15	BODY FIT <i>(60 min)</i>		CARDIO SPECIAL <i>(60 min)</i>		BODY MIND BALANCE <i>(60 min)</i>	INDOOR CYCLING <i>(60 min)</i>	SONNTAG SPECIAL <i>(60 min)</i>
10:30						AQUA FITNESS <i>(45 min)</i>	
17:30					HEALTH AUFGUSS <i>(90° Sauna)</i>	HEALTH AUFGUSS <i>(90° Sauna)</i>	HEALTH AUFGUSS <i>(90° Sauna)</i>
19:00	AQUA FITNESS <i>(45 min)</i>	YOGA <i>(90 min)</i>	INDOOR CYCLING <i>(60 min)</i>	BODY FIT <i>(60 min)</i>			

Alle Kurse finden im ASCARA Fitness & Spa statt

all classes take place in the Ascara Fitness & Spa