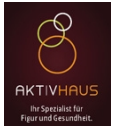


# Kursplan

11.12.2017 - 17.12.2017

**AKTIVHAUS Freising**  
 Am Lohmühlbach 10  
 85356 Freising  
 08161 85800  
 freising@aktivhaus.com



Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
09:00 - 10:00 Spinning-Spaß für A...	09:00 - 10:00 Rückenfitness	09:00 - 10:00 TAO	08:15 - 09:00 Seniorengymnastik	09:00 - 10:00 Zumba	16:00 - 17:00 Workout	10:30 - 11:30 Bodystyling
10:10 - 11:10 Pilates	09:00 - 10:00 Zirkeltraining (Spe...	09:00 - 09:45 Zumba Gold	09:05 - 10:00 Zirkeltraining (Spe...	09:00 - 10:00 Spinning-Spaß für A...	17:05 - 17:35 Faszienfit	10:30 - 12:00 Spinning- All Class...
18:00 - 19:00 PowerVit - Mein Rüc...	10:05 - 10:35 Bauch Workout	09:00 - 10:00 Spinning-Spaß für A...	09:15 - 10:00 Slings in Rhythm	09:15 - 10:00 Slings Pilates	17:30 - 18:30 Spinning-Spaß für A...	11:35 - 12:20 Slings in Rhythm
18:00 - 19:00 Spinning- Spaß für ...	10:05 - 11:05 Zumba	10:05 - 11:05 Pilates	10:05 - 11:05 PowerVit - Mein Rüc...	10:05 - 11:05 Hot Iron System		
19:05 - 20:05 Dance Party	10:40 - 11:10 Stretch & Faszien	10:05 - 11:00 Zirkeltraining (Spe...	18:00 - 19:00 Totally Body	10:10 - 10:55 Stretch & Faszien		
19:05 - 20:05 Rückenfitness	18:00 - 19:00 Zumba	11:10 - 11:55 Slings in Rhythm	18:00 - 18:15 Spinning- Intro	11:00 - 12:00 Rückenfitness		
20:10 - 20:55 Slings Athletic	18:00 - 19:00 ORB functional	18:15 - 19:00 Hiit Up	18:15 - 19:00 Spinning- for begin...	17:30 - 18:15 Functional Flow		
	18:00 - 18:15 Spinning- Intro	18:15 - 19:00 Slings in Rhythm	18:45 - 19:30 Slings in Rhythm	18:15 - 19:30 Spinning (all Class...		
	18:15 - 19:00 Spinning- for begin...	18:30 - 20:00 Spinning- Spaß für ...	19:00 - 20:00 Spinning- Mountain ...	18:20 - 19:20 Pilates		

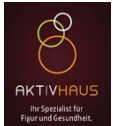
- Ausdauer
- Dance & Fun
- Einweisung für S...
- Entspannung
- Figur
- Gesundheit/Rücke...
- Kräftigung

Stand: 13.12.2017

# Kursplan

11.12.2017 - 17.12.2017

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Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
	<div style="background-color: #663399; color: white; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Spinning- All Class...</div> <div style="background-color: #e67e7e; color: white; padding: 5px; margin-bottom: 5px;">19:05 - 20:05 Step Combo</div> <div style="background-color: #c00000; color: white; padding: 5px; margin-bottom: 5px;">19:05 - 19:50 Slings Athletic</div> <div style="background-color: #00ff00; color: white; padding: 5px; margin-bottom: 5px;">19:55 - 20:25 Faszienfit</div> <div style="background-color: #c00000; color: white; padding: 5px;">20:30 - 21:00 Bauchworkout</div>	<div style="background-color: #00ff00; color: white; padding: 5px; margin-bottom: 5px;">19:05 - 20:05 Wirbelsäule</div> <div style="background-color: #e67e7e; color: white; padding: 5px; margin-bottom: 5px;">19:05 - 19:50 Step -EINSTEIGER</div> <div style="background-color: #ffff00; color: black; padding: 5px; margin-bottom: 5px;">20:10 - 20:40 Stretch</div> <div style="background-color: #c00000; color: white; padding: 5px;">20:10 - 21:10 Hot Iron</div>	<div style="background-color: #e67e7e; color: white; padding: 5px; margin-bottom: 5px;">19:05 - 20:05 Step Combo</div> <div style="background-color: #ffff00; color: black; padding: 5px;">19:35 - 20:35 Yoga Flow</div>			

- Ausdauer
- Dance & Fun
- Gesundheit/Rücke...
- Kräftigung
- Entspannung
- Einweisung für S...
- Figur

Stand: 13.12.2017