

Alex Dance'n Sports

Yoga - Akrobatik - Tanz - Fitness

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Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
			<i>Air Artistik</i> 12:30 - 13:45 Level 1	<i>Athletic Stretch</i> 12:30 - 13:30 alle Level
<i>Poledance</i> 13:45 - 15:00 Level 1	<i>Air Yoga</i> 13:45 - 14:45 Level 1		<i>Aerial Hoop</i> 14:00 - 15:15 Level 1	<i>Pilates</i> 13:45 - 14:45 Level 1
<i>Poledance</i> 15:00 - 16:15 Level 2-3		<i>Athletic Fitness</i> 15:15 - 16:15 alle Level	<i>Yoga</i> 15:30 - 16:45 Level 3	
<i>Pilates</i> 16:30 - 17:30 Level 2	<i>Yoga</i> 16:30 - 17:45 Level 1 <i>Anke</i>	<i>Poledance</i> 16:20 - 17:35 Level 1	<i>Athletic Fitness</i> 16:55 - 17:55 alle Level	<i>Air Yoga</i> 16:30 - 17:30 Level 2
<i>Air Artistik</i> 17:40 - 18:55 Level 2	<i>Aerial Hoop</i> 17:55 - 19:10 Level 2	<i>Poledance</i> 17:40 - 18:55 Level 3-4	<i>Poledance</i> 18:00 - 19:15 Level 3-4 <i>Lucia</i>	<i>Yoga</i> 17:45 - 19:00 Level 3
<i>Yoga</i> 19:05 - 20:20 Level 4	<i>Poledance</i> <i>Acro Pole</i> 19:20 - 20:35 Level 4	<i>Yoga</i> 19:05 - 20:20 Level 2 <i>Anke</i>	<i>Poledance</i> 19:20 - 20:35 Level 2 <i>Lucia</i>	<i>Poledance</i> 19:15 - 20:30 Level 2-3
<i>Yoga</i> 20:30 - 21:45 Level 1 <i>Anke</i>	<i>Poledance</i> 20:35 - 21:50 Level 2 <i>Christine</i>	<i>Air Artistik</i> 20:30 - 21:45 Level 1 <i>Jenny</i>	<i>Poledance</i> 20:35 - 21:50 Level 3 <i>Lucia</i>	<i>Poledance</i> 20:30 - 21:45 Level 1

Öffnungszeiten:
15 min. vor
Kursbeginn

Teilnahme an
den Kursen bitte
vorab schriftlich
per email,
WhatsApp
oder SMS
anmelden

individuelle Termine für
Personal Training,
Workshops oder
Coaching
bitte separat
vereinbaren

Personal Training /
sportartspezifische
Betreuung wird auf
Anfrage angeboten.
Termine mit
Adrian Maio
(Physiotherapeut)
bitte separat
vereinbaren

Preis-Kategorien:

<i>Pilates</i>	1
<i>Athletic Stretch</i>	1
<i>Athletic Fitness</i>	2
<i>Yoga</i>	2
<i>Air Yoga</i>	3
<i>Poledance</i>	3
<i>Air Artistik</i>	3
<i>Aerial Hoop</i>	3

Preisübersicht/ alle Infos sind
zu finden unter
www.alex-dance-n-sports.de