



Alex Dance'n Sports

Yoga - Akrobatik - Tanz - Fitness



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Ersatz-Kursplan 12.-16.02.2018

| 12.02.2018 | 13.02.2018 | 14.02.2018 | 15.02.2018 | 16.02.2018 |
|---|--|--|--|---|
| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
| | <i>Athletic Pilates</i> 12:45 - 13:45 alle Level <i>Jennifer</i> | | <i>Air Yoga</i> 12:45 - 13:45 alle Level | <i>Athletic Stretch</i> 12:30 - 13:30 alle Level |
| <i>Poledance</i> 13:45 - 15:00 Level 1-2 <i>Lucia</i> | <i>Air Yoga</i> 14:00 - 15:00 alle Level | | <i>Air Artistik</i> 14:00 - 15:15 alle Level | <i>Athletic Pilates</i> 13:45 - 14:45 alle Level |
| <i>Poledance</i> 15:00 - 16:15 Level 2-3 <i>Lucia</i> | | <i>Poledance</i> 15:00 - 16:15 Level 2 | <i>Yoga</i> 16:30 - 17:45 alle Level <i>Anke</i> | <i>Aerial Hoop</i> 15:00 - 16:15 Level 2 |
| <i>Athletic Yoga</i> 16:30 - 17:45 alle Level | <i>Yoga</i> 16:30 - 17:45 Level 1 <i>Anke</i> | <i>Poledance</i> 16:20 - 17:35 Level 1 und 2 <i>Christine</i> | <i>Athletic Fitness</i> 16:55 - 17:55 alle Level | <i>Air Yoga</i> 16:30 - 17:30 alle Level <i>Anke</i> |
| <i>Yoga</i> 17:55 - 19:10 Level 4 <i>Anke</i> | <i>Aerial Hoop</i> 17:55 - 19:10 Level 2 | <i>Poledance</i> 17:40 - 18:55 Level 3-4 <i>Christine</i> | <i>Poledance</i> 18:00 - 19:15 Level 3-4 <i>Lucia</i> | <i>Yoga</i> 17:45 - 19:00 Level 3 <i>Anke</i> |
| <i>Air Artistik</i> 19:20 - 20:35 Level 2 <i>Jenny</i> | <i>Poledance Acro Pole</i> 19:20 - 20:35 Level 4 <i>Christine</i> | <i>Yoga</i> 19:05 - 20:20 Level 2-3 <i>Anke</i> | <i>Poledance</i> 19:20 - 20:35 Level 2 <i>Lucia</i> | <i>Poledance</i> 19:15 - 20:30 Level 2 <i>Sonja</i> |
| <i>Air Artistik</i> 20:35 - 21:50 Level 1 <i>Jenny</i> | <i>Poledance</i> 20:35 - 21:50 Level 1 <i>Christine</i> | <i>Yoga</i> 20:30 - 21:45 Level 1 <i>Anke</i> | <i>Poledance</i> 20:35 - 21:50 Level 3 <i>Lucia</i> | <i>Poledance</i> 20:30 - 21:45 Level 1 <i>Sonja</i> |

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>Athletic Pilates</i> | 1 |
| <i>Athletic Stretch</i> | 1 |
| <i>Athletic Fitness</i> | 1 |
| <i>Athletic Yoga</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