

Kursplan

10.12.2018 - 16.12.2018

Kursplan
Berliner Allee 51
86153 Augsburg
0821 599 60 550
info@sharkyou.de



Montag 10.12.2018	Dienstag 11.12.2018	Mittwoch 12.12.2018	Donnerstag 13.12.2018	Freitag 14.12.2018	Samstag 15.12.2018	Sonntag 16.12.2018
<p>09:00 - 09:55 Bodyforming Sandra</p> <p>10:00 - 10:40 4 D Pro Bungee Fitn... Sandra</p> <p>10:00 - 10:55 Fatburner Cycling Sandra W.</p> <p>16:30 - 17:25 Bodyforming Agata</p> <p>16:30 - 17:25 Power Kids (4-8J.) Sarah</p> <p>17:00 - 17:55 Langhantel Workout Iris</p> <p>17:30 - 17:55 Six Pack Agata</p> <p>18:00 - 18:55 Tae Bo® Intro Sarah</p>	<p>09:00 - 09:55 Fatburner Workout Franzi</p> <p>10:00 - 10:55 Bodyforming Franzi</p> <p>16:30 - 17:25 Bodyforming Iris</p> <p>17:30 - 18:25 Tae Bo® Sharky</p> <p>17:30 - 18:30 Balance Swing Iris</p> <p>18:00 - 18:55 TRX® Suspension Tra... Elena</p> <p>18:00 - 18:55 Kangoo Jumps Vittoria</p>	<p>09:00 - 09:55 Bodyforming + Rücke... Wladimir</p> <p>09:30 - 10:25 Jumping Fitness Vittoria</p> <p>09:30 - 10:55 Hatha Yoga Stephan</p> <p>10:00 - 10:55 Mama Workout Sandra S.</p> <p>16:30 - 17:25 Step / 14 tägig Michael R.</p> <p>16:30 - 17:25 Fatburner Workout Inna</p> <p>17:30 - 17:55 Six Pack Moni</p> <p>18:00 - 18:55 HiiTup! Iris</p>	<p>09:00 - 09:55 4D PRO Bungee Fitne... Sharky</p> <p>10:00 - 10:55 Kangoo Jumps Vittoria</p> <p>10:00 - 11:25 Hatha Yoga Elena</p> <p>16:30 - 17:25 Rückenfit Wladimir</p> <p>16:30 - 17:25 Bodyforming Sandra W.</p> <p>18:00 - 18:40 VIPR Sharky</p> <p>18:00 - 18:55 deepWORK Iris</p> <p>18:00 - 18:55 Langhantel Workout Ruth</p>	<p>09:00 - 09:55 Bodyforming Susa</p> <p>09:30 - 10:55 Hatha Yoga Stephan</p> <p>10:00 - 10:55 Mama Workout Sandra</p> <p>10:00 - 10:55 Pilates Susa</p> <p>16:30 - 17:25 Fatburner Workout Iris</p> <p>17:30 - 17:55 XCO Fatburner Iris</p> <p>18:00 - 18:55 Yoga Wladimir</p> <p>18:00 - 18:55 Langhantel Workout Sandra S.</p>	<p>09:30 - 10:55 Hatha Yoga Elena</p> <p>09:30 - 10:25 Bodyforming Sonja</p> <p>10:00 - 10:55 HiiTup! Inna</p> <p>10:30 - 11:25 Latino Dance Sonja</p> <p>10:30 - 11:25 Dance Step Sonja</p> <p>11:00 - 11:55 TaeBo® Andi</p> <p>11:00 - 11:55 Fatburner Workout Inna</p>	<p>10:00 - 10:55 Langhantel Workout ... Trainer-Team</p> <p>10:00 - 10:55 Jazz Workout Dance Demitre</p> <p>11:00 - 11:55 Power Boxing Andi/ Mchael/Katja</p> <p>11:00 - 11:55 Intervall Cycling Trainer-Team</p> <p>11:00 - 11:55 Dynamic Harmony Demitre</p> <p>17:00 - 17:55 4D PRO Bungee Fitne... Marc & Manu</p> <p>17:00 - 17:55 Bauch-Beine-Po (BBP... Trainer Team</p> <p>18:00 - 18:55 Fatburner Workout Raffaella</p> <p>18:00 - 18:55 Special Time</p> <p>18:00 - 18:55 Power Cycling Marc & Manu / Wolfi</p>

Anfänger

Für Alle

Kids

Mittelstufe

MyRide®

Neu

Outdoor

Reservierungspf...

SlimBelly-Legs g...

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<p>18:00 - 18:55 Fatburner Workout Agata </p> <p>18:00 - 18:55 Step Ines </p> <p>18:30 - 19:55 Hatha Yoga Martina Neu</p> <p>19:00 - 19:55 Fatburner Cycling Peter Neu</p> <p>19:00 - 19:55 Flexi-Bar® meets WS... Moni</p> <p>19:00 - 19:55 Polefitness Basic Micha Neu</p> <p>19:00 - 19:55 Bauch-Beine-Po (BBP... Vittoria Neu</p>	<p>18:30 - 19:25 bodyART Sandra</p> <p>18:30 - 19:25 Bauch-Beine-Po (BBP... Leni </p> <p>18:30 - 19:25 Fatburner Cycling Iris Neu</p> <p>19:00 - 20:25 Yoga Wladimir</p> <p>19:00 - 19:55 TaeBo® Katja Neu</p> <p>19:00 - 19:55 funktionelles Zirke... Elena Neu</p> <p>19:30 - 20:25 HiiTup! Leni Neu</p>	<p>18:00 - 18:55 Bodyforming Moni </p> <p>18:00 - 18:55 Polefitness Basic Samantha</p> <p>18:15 - 19:40 Hatha Yoga Stephan</p> <p>19:00 - 19:55 Fatburner Cycling Peter </p> <p>19:00 - 19:55 Langhantel Workout Moni Neu</p> <p>19:00 - 19:55 Zumba® Anna </p> <p>19:00 - 19:55 4D PRO Bungee Fitne... Sharky </p> <p>20:00 - 20:55 Fatburner Workout Moni</p>	<p>18:00 - 18:55 Strong by Zumba® Marion</p> <p>19:00 - 19:55 Cycling Marc & Manu Neu</p> <p>19:00 - 19:55 TaeBo® Stephan</p> <p>19:00 - 19:55 TRX® Suspension Tra... Michael Neu</p> <p>19:00 - 19:25 Six Pack Ruth</p> <p>19:30 - 20:25 Fatburner Workout Ruth </p> <p>20:00 - 20:55 BodyCROSS® Michael</p> <p>20:00 - 21:25 Hatha Yoga Stephan Neu</p>	<p>18:00 - 18:55 Jumping Fitness Iris </p> <p>19:00 - 19:55 Bodyforming Rosi Neu</p> <p>19:00 - 19:55 Hip Hop Wladimir</p> <p>19:00 - 19:55 HiiTup! Inna Neu</p>		

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