




















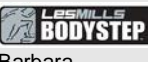







Groupfitness Kursplan FlowerPower Aarau

Aerobic's & Indoor Cycling Winter/Frühjahr 2011/2012

1. Januar 2012 – 1. April 2012

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08.00	Power Yoga Esther	Pilates Mirjam	Yoga Sandra				
09.00	Power Yoga Esther	Pilates Mirjam  Cycling Heidy	Step Choreo Caroline	Dance Franca  Cycling Gaby	 Morena		
09.45						ZUMBA Paula  Cycling Franz	
10.00	ZUMBA Esther		Orient. Bauchtanz Claudia	 Karin			 Cycling Team
10.15		Rückenfit Jacqueline					Surprise Team
11.00						 Petra	
12.00							 Diana
12.15	 Barbara	BodyToning Marco	 Karin	 Mauri	Pilates Maite	 Petra	
17.15				Rückenfit Jacqueline			
17.30	 Barbara	 Sebi	 Petra		 Barbara		
18.00	 Petra						
18.15	 Cycling Hans-Jürg	 Cycling Roger Dance-Step Pasci	Pilates Maite	ZUMBA Nadja	 Barbara		
19.15	BBP Maite	 Mauri	 Barbara  Cycling Ruedi	Yoga Chantal  Cycling Teresa			
19.30	 Cycling Karin				 Barbara		
20.15	Dance Pasci	ZUMBA Raquel	 Barbara	Orient. Bauchtanz Adel			

Änderungen vorbehalten

FlowerPower Fitness & Wellness

Rohrerstrasse 78
CH-5000 Aarau

fon 062 823 03 20
fax 062 822 68 66

aarau@flowerpowerfitness.ch
www.flowerpowerfitness.ch