

INDIGO

FITNESS CLUB

AKTUELLER KURSPLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	06:15-06:55 H-I-T BOOTCAMP					
07:05-07:55 POWER VINYASA FLOW		07:05-08:00 VINYASA YOGA		07:05-08:00 VINYASA YOGA		
					10:00-10:50 DEEPWORK CARDIO WORKOUT	
					11:00-11:45 H-I-T BOOTCAMP	11:00-12:00 HATHA YOGA
	11:30-12:15 DEEPWORK CARDIO WORKOUT	11:30-12:25 YOGA SIMPLIFIED	11:30-12:15 H-I-T FULL BODY WORKOUT HIIT	11:30-12:15 BODYART SWAVE BOARD		
12:30-13:30 HATHA YOGA STRONG & JUICY	12:30-13:30 BODYART PILATES		12:30-13:30 VINYASA YOGA			
						16:15-17:15 BODYART WORKOUT
17:30-18:20 H-I-T BOOTCAMP	17:30-18:20 H-I-T FULL BODY WORKOUT	17:30-18:20 BODYART SWAVE BOARD	17:30-18:20 FULL BODY WORKOUT POWER STRETCHING	17:30-18:20 H-I-T FULL BODY WORKOUT		
	18:30-19:35 VINYASA YOGA			18:30-19:30 20/20 DEEPWORK & BODYART		
		19:45-21:00 HATHA YOGA FLOW				