

Programm Entdecker-Abo Bern Welle7

Montag

09:00 – 09:50	Gymnastik
10:00 – 10:50	Zumba Gold
10:30 – 11:20	Bauch Beine Po
11:00 – 11:50	Bodytoning
11:00 – 12:05	Hatha Yoga
12:00 – 12:50	Pilates Slings
12:10 – 13:00	Bodytoning
12:15 – 13:05	Vinyasa Yoga
12:30 – 13:20	Bodytoning
13:00 – 13:50	Rückentraining
13:30 – 14:20	Pilates
13:45 – 14:35	Aerial Yoga

Dienstag

08:30 – 09:20	Nähen
09:00 – 09:50	Gymnastik für Senioren
10:00 – 10:50	Yoga für Senioren
10:00 – 10:50	Gymnastik für Senioren
11:00 – 11:50	Rückentraining
11:30 – 12:20	Pilates
12:00 – 12:50	Aerial Yoga
12:00 – 13:15	Hatha Yoga
14:00 – 14:50	Malen Acryl, Aquarell, Öl
14:00 – 14:50	Nähen
16:45 – 17:50	Yin Yoga
17:00 – 17:50	Functional Training
17:30 – 18:20	TRX® Suspension Training
18:00 – 18:50	Fitness Trampolin
18:00 – 18:50	Achtsamkeitstraining
18:00 – 18:50	Faszien Yoga
18:30 – 19:20	Bodytoning
19:00 – 19:50	Hatha Yoga
19:00 – 19:50	Pilates Intensiv
19:00 – 19:50	Zumba
19:30 – 20:20	Bodytoning

Mittwoch

07:00 – 07:50	Hatha Yoga
07:00 – 07:50	Functional Training
08:00 – 08:50	Pilates Intensiv
08:30 – 09:20	Rückentraining
09:00 – 09:50	Gymnastik
10:00 – 10:50	Fitgym
11:00 – 11:50	Faszien Yoga
12:00 – 12:50	Les Mills Bodypump
12:00 – 12:50	Yoga Nidra
12:00 – 12:50	Power Yoga

13:00 – 13:50	Yin Yoga
13:00 – 13:50	Zumba
16:00 – 16:50	Fitnessboxen
17:00 – 17:50	Power Yoga
17:00 – 17:50	Rückentraining
17:30 – 18:35	Hatha Yoga
18:00 – 18:50	Rückentraining
18:00 – 18:50	Fitness Trampolin
19:00 – 19:50	Body Art®
20:00 – 21:00	Afro Dance
21:00 – 21:50	Orientalischer Tanz alle

Donnerstag

06:15 – 06:45	TRX® Suspension Training
06:50 – 07:20	smart Abs
08:30 – 09:20	Rückentraining
09:00 – 09:50	Gymnastik für Senioren
09:30 – 10:20	Malen Acryl, Aquarell, Öl
10:00 – 11:00	Hatha Yoga
11:00 – 11:50	Gymnastik Senioren
11:30 – 12:20	Pilates
12:00 – 13:00	Step Aerobic
12:00 – 12:50	Orientalischer Tanz
14:00 – 14:50	Nähen
14:30 – 15:20	Malen Acryl, Aquarell, Öl
15:55 – 16:45	Gymnastik
16:50 – 17:50	Yin Yoga
17:00 – 17:50	Bauch, Beine, Po
17:00 – 17:50	Aerial Yoga
17:00 – 17:50	Achtsamkeitstraining
18:00 – 18:50	Bodytoning
18:00 – 18:50	Tai Chi Chuan
18:00 – 18:50	Malen Acryl, Aquarell, Öl
19:00 – 19:50	Tai Chi Chuan
19:00 – 19:50	Modern Contemporary Dance
19:10 – 20:00	Zumba

Freitag

06:30 – 07:20	TRX® Suspension Training
08:00 – 08:50	Zumba
09:00 – 09:50	Bodytoning
09:00 – 09:50	Yoga für Senior*innen
09:00 – 09:50	Zumba Gold
09:00 – 10:20	Bauch Beine Po
10:00 – 10:50	Pilates

10:00 – 10:50	Power Yoga
10:00 – 10:50	Yoga für Senior*innen
10:30 – 11:20	Pilates
11:00 – 11:50	Bauch Beine Po
11:00 – 11:50	Power Yoga
11:10 – 12:00	Faszien Yoga
12:00 – 12:50	Aerial Yoga
12:10 – 13:00	Hatha Yoga
13:00 – 13:50	Floristik
17:00 – 17:50	Floristik

Samstag

10:00 – 10:50	Pilates
09:00 – 09:50	Hatha Yoga

Weitere Angebote, Daten und Informationen erhalten Sie auf unserer Webseite oder am Empfang der Welle7.