



4 elements spa

by Althoff

GESUNDHEIT UND BEWEGUNG IM 4-ELEMENTS-SPA-BY ALTHOFF /
HEALTH & MOVEMENT AT THE 4-ELEMENTS-SPA BY ALTHOFF
27.11.2023 – 03.12.2023

	MONTAG MONDAY	DIENSTAG TUESDAY	MITTWOCH WEDNESDAY	DONNERSTAG THURSDAY	FREITAG FRIDAY	SAMSTAG SATURDAY	SONNTAG SUNDAY
08:00	Aqua Fit Innenpool <i>Aqua fit Indoorpool 30 min</i>	Aqua Fit Innenpool <i>Aqua fit Indoorpool 30 min</i>	Aqua Fit Innenpool <i>Aqua fit Indoorpool 30 min</i>	Aqua Fit Innenpool <i>Aqua fit Indoorpool 30 min</i>	Aqua Fit Innenpool <i>Aqua fit Indoorpool 30 min</i>	Aqua Fit Innenpool <i>Aqua fit Indoorpool 30 min</i>	Aqua Fit Innenpool <i>Aqua fit Indoorpool 30 min</i>
10:00	---	---	Rückenfit <i>back fitness 30 min</i>	Gleichgewicht & Stabilität <i>balance and stability 30 min</i>	Rückenfit <i>back fitness 30 min</i>	---	---
14:00	Flexibar <i>flexibar 30 min</i>	Zirkeltraining <i>circuit training 30 min</i>	Bauch Intensiv <i>Abs Workout 30 min</i>	Bodystyling <i>bodystyling 30 min</i>	Bauch-Beine-Po <i>Belly-leg-bottom 30 min</i>	---	---

➔ Treffpunkt in dem Kursraum „Erdreich“ im UG