

FITNESS AKTIVITÄTENPLAN



VILLA STEPHANIE
BADEN-BADEN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00	Aquagymnastic				Aquagymnastic		
09:30							
10:00	Yoga	Hiking		Balance & Coordination	Yoga	Jogging	Qi Gong
10:30							
11:00				Nordic Walking		Hiking	
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30				Hiking			
15:00							
15:30	Power Workout				Power Workout		
16:00			Yoga				Nordic Walking
16:30		Balance & Coordination					
17:00	Mindfulness Walk				Qi Gong		
17:30							
18:00							
18:30			Aquagymnastic				
19:00							

Registrations are requested by each evening before 5:00 p.m. by dialing extension # 601.