

Stundenplan

Anmeldung erforderlich unter 0699 19586847 oder info@b-foster.com



| Location | Zeit | Montag | Dienstag | Mittwoch | Donnerstag | Sonntag |
|--------------------------|------------------|------------|---------------------------------|---------------------|---------------------|------------|
| Crossfit9020 | 08.15 – 09.15 | | | Aerial Fit | | |
| Lidmannsky= gasse 20 | 08.30- 09.30 | Yoga Flow | | | Yoga based movement | |
| Crossfit9020 | 09.00- 10.00 | | | | | Aerial Fit |
| Crossfit9020 | 16.00- 17.00 | | Kids Aerial | | | |
| Crossfit 9020 | 18.00- 19.00 | Aerial Fit | | | | |
| Gallizien/VS Möchling | 18.30- 19.30 | | | Yoga based movement | | |
| Lidmannsky= gasse 20 | 19.00- 20.00 | | Rückenfit&Yoga | | | |
| Aerial Fit ☺ | EUR 150 | 10er Block | Kurse in der Lidmannsygasse | | EUR 120 | 10er Block |
| Aerial Fit ☺ | EUR 15 | Drop In | Kurse in der Lidmannskygasse | | EUR 12 | Drop In |