



 **LIVE STREAM**  
**FITNESS STUDIO**

by Anfisa Pestov

Fitness Intensiv  
Gesunder Rücken  
Pilates  
Fatburn Cardio  
Sixpack Special  
Booty Special  
Fashion Dance  
Dance Moves  
Zumba

- 14-tägige Berechnung im Voraus  
(PayPal oder Überweisung)
- 10 Euro pro 60 min Fitness/Zumba
- 15 Euro pro 60 min FashionDance



# WOCHENPLAN

30.MÄRZ-5.APR. 2020



<b>MONTAG</b>	10.00 - <b>FITNESS 4 KINDER</b> 11.00 - 30MIN YOGA FLOW (ANTISTRESS 4 HOMEOFICE)  17.00 - ZUMBA / DANCE MOVES 18.00 - <b>30MIN BOOTY INTENSIVE</b>	<b>DONNERSTAG</b>	10.00 - <b>FITNESS 4 KINDER</b> 11.00 - 60MIN GESUNDER RÜCKEN / PILATES  18.00 - PILATES 19.00 - <b>30MIN SIXPACK+CARDIO</b> 19.30 - 30MIN STRETCHING SPAGAT LERNEN
<b>DIENSTAG</b>	10.00 - <b>FITNESS 4 KINDER</b> 11.00 - 60MIN GESUNDER RÜCKEN / PILATES  18.30 - 30MIN STRETCHING SPAGAT LERNEN	<b>FREITAG</b>	10.00 - <b>FITNESS 4 KINDER</b> 11.00 - 30MIN YOGA FLOW (ANTISTRESS 4 HOMEOFICE)  18.00 - FASHION DANCE LEVEL 2 19.30 - <b>60MIN FITNESS INTENSIV</b> (+BOOTY)
<b>MITTWOCH</b>	10.00 - <b>FITNESS 4 KINDER</b> 11.00 - 30MIN YOGA FLOW (ANTISTRESS 4 HOMEOFICE)  18.00 - FASHION DANCE LEVEL 1 19.30 - <b>60MIN FITNESS INTENSIV</b> (+SIXPACK)	<b>SAMSTAG</b>	
		<b>SONNTAG</b>	11.00 - 60MIN GESUNDER RÜCKEN / PILATES  19.30 - <b>60 MIN FITNESS INTENSIV</b> (+FATBURN CARDIO)

# CONTACT ME

SKYPE



ANFISA PESTOV



WHATSAPP

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