

BESCHREIBUNG KURSANGEBOT:

FLOATFIT HIIT

Kursnummer: 254293

Ort:	Rialto, Kursschwimmbecken Bahn 3
Adresse:	Birsigstrasse 45 4054 Basel

Lerninhalt:

FloatFit® HIIT – Full-body training with power, efficiency & balance

FloatFit® HIIT is an intense, highly efficient full-body workout on the inflatable Aquabase® – in just 30 minutes you train strength, endurance, coordination, and deep core muscles.

Because the training takes place on water, balance is always the main focus: every exercise challenges your stability, activates your core, and improves posture and body awareness. Despite – or perhaps because of – the fun factor, the workout is physically demanding and delivers fast, visible results – joint-friendly and functional.

Clothing: Swimwear recommended. If you prefer, you can also wear neoprene or water T-shirts.

Trainer:	Anika Hausdorff
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Kursniveau:

Bemerkung:

Kosten:	100.00 CHF
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detaillierte	<u>Lektionen: 5</u>
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Termine:	Datum	Uhrzeiten
	13.10.2025	20:10 - 20:40
	20.10.2025	20:10 - 20:40
	27.10.2025	20:10 - 20:40
	03.11.2025	20:10 - 20:40
	10.11.2025	20:10 - 20:40
