

Kursplan

16.04.2018 - 22.04.2018

Fitness World
 Ober-Saulheimer-Str. 19
 55286 Wörrstadt
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Montag 16.04.2018	Dienstag 17.04.2018	Mittwoch 18.04.2018	Donnerstag 19.04.2018	Freitag 20.04.2018	Samstag 21.04.2018	Sonntag 22.04.2018
08:40 - 09:00 Fatburner	08:20 - 09:15 Indoor-Cycling (lei...)	09:00 - 09:55 BODYWORKOUT	09:00 - 09:55 Indoor-Cycling (lei...)	08:40 - 09:00 Functionaltraining	10:00 - 10:20 BBP	10:00 - 10:20 Fatburner
09:00 - 09:20 Starker Rücken	09:30 - 10:15 LesMills Bodypump L...	10:00 - 10:20 Fatburner	09:20 - 09:40 Starker Rücken	09:00 - 09:55 LesMills Bodypump	10:20 - 10:40 Starker Rücken	10:20 - 10:40 Functionaltraining
09:30 - 10:25 3D RÜCKEN FITnesS	09:30 - 09:50 Starker Rücken	13:20 - 13:40 BBP	09:40 - 10:00 Faszientraining	09:00 - 09:20 Starker Rücken	10:45 - 11:40 LesMills Bodybalanc...	10:30 - 11:25 Indoor-Cycling (mod...)
10:30 - 11:25 Zumba	09:50 - 10:10 BBP	13:40 - 14:00 Faszientraining	10:15 - 11:10 3D RÜCKEN FITnesS	10:00 - 10:55 LesMills Bodybalanc...	12:00 - 12:55 LesMills Bodypump	10:40 - 11:00 Faszientraining
18:00 - 18:40 LesMills Bodybalanc...	10:10 - 10:30 Faszientraining	18:00 - 18:40 3D RÜCKEN FITnesS	16:00 - 16:20 Fatburner	13:00 - 13:20 Fatburner	13:00 - 13:55 Indoor-Cycling (lei...)	
18:30 - 18:50 Faszientraining	18:00 - 18:55 LesMills Bodypump	18:00 - 18:20 Starker Rücken	18:00 - 18:55 BODYWORKOUT	17:30 - 18:10 LesMills Bodycombat...		
18:45 - 19:40 LesMills Bodypump	18:30 - 18:50 Starker Rücken	18:20 - 18:40 Fatburner	18:00 - 18:20 BBP	17:30 - 17:50 BBP		
18:50 - 19:10 Fatburner	18:50 - 19:10 BBP	18:40 - 19:00 Functionaltraining	18:20 - 18:40 Functionaltraining	18:15 - 18:50 LesMills Bodypump E...		
19:10 - 19:30 Functionaltraining	19:00 - 19:55 Indoor-Cycling (mod...)	18:45 - 19:40 LesMills Bodypump	18:40 - 19:00 Faszientraining	19:00 - 19:55 Indoor-Cycling (lei...)		
	19:10 - 19:30 Fatburner	19:45 - 20:40 LesMills Bodybalanc...	19:00 - 19:55 Zumba Step			
	20:00 - 20:55 Zumba		19:00 - 19:55 Indoor-Cycling (mod...)			

- Ausdauer/Herz-Kr...
- Körper & Entspan...
- Les Mills Kurse
- Power Plate
- Rücken & Gesundh...
- Zumba

Stand: 21.04.2018