

Kursplan

14.01.2019 - 20.01.2019

Fitness World
 Ober-Saulheimer-Str. 19
 55286 Wörrstadt
 06732 1773
 info@fitness-woerrstadt.de



Montag 14.01.2019	Dienstag 15.01.2019	Mittwoch 16.01.2019	Donnerstag 17.01.2019	Freitag 18.01.2019	Samstag 19.01.2019	Sonntag 20.01.2019
08:40 - 09:00 PP Workout	08:20 - 09:15 Indoor-Cycling (lei...)	09:00 - 09:55 BODYWORKOUT	09:00 - 09:55 Indoor-Cycling (lei...)	08:40 - 09:00 PP Workout	10:00 - 10:20 PP Workout	10:00 - 10:20 PP Workout
09:00 - 09:20 PP starker Rücken	09:30 - 10:25 Towel-Workout	10:00 - 10:55 World Jumping®	09:20 - 09:40 PP starker Rücken	09:00 - 09:55 LesMills Bodypump	10:30 - 11:45 Yoga/Balance	10:30 - 11:25 Indoor-Cycling (mod...)
09:30 - 10:25 3D RÜCKEN FITNESS	09:30 - 09:50 PP starker Rücken	13:20 - 13:40 PP Workout	09:40 - 10:00 PP Wellfit	09:00 - 09:20 PP starker Rücken	12:30 - 13:25 LesMills Bodypump	
10:30 - 11:25 Zumba	09:50 - 10:10 PP Workout	13:40 - 14:00 PP starker Rücken	10:15 - 11:10 3D RÜCKEN FITNESS	18:00 - 18:55 LesMills Bodypump		
18:00 - 18:55 Yoga/Balance	10:10 - 10:30 PP Wellfit	18:00 - 18:40 Towel-Workout	18:00 - 18:55 BODYWORKOUT	19:00 - 19:55 Indoor-Cycling (lei...)		
18:00 - 18:20 PP Workout	10:30 - 11:15 ARTHROSE FIT	18:45 - 19:40 LesMills Bodypump	18:20 - 18:40 PP Workout			
18:20 - 18:40 PP Wellfit	18:00 - 18:55 LesMills Bodypump	19:45 - 20:40 World Jumping®	18:40 - 19:00 PP Wellfit			
19:00 - 19:55 LesMills Bodypump	19:00 - 19:55 Indoor-Cycling (mod...)		19:00 - 19:55 Indoor-Cycling (mod...)			
	19:00 - 19:55 World Jumping®		19:00 - 19:55 World Jumping®			
	19:00 - 19:20 PP starker Rücken					
	19:20 - 19:40 PP Workout					

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

Stand: 18.01.2019

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	<div data-bbox="398 371 660 451" style="background-color: #1a3d54; color: white; padding: 5px; border-radius: 5px;"> 20:00 - 20:55 Zumba </div>					

- Ausdauer/Herz-Kr...
- Körper & Entspan...
- Les Mills Kurse
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- Zumba

Stand: 18.01.2019