

Kursplan

17.02.2020 - 23.02.2020

FITNESS GYM Lüdenscheid
 Altenaer Str. 25
 58507 Lüdenscheid
 02351 6760210
 info@fitnessgym-luedenscheid.de



Montag 17.02.2020	Dienstag 18.02.2020	Mittwoch 19.02.2020	Donnerstag 20.02.2020	Freitag 21.02.2020	Samstag 22.02.2020	Sonntag 23.02.2020
09:00 - 10:00 Bauch Beine Po	09:00 - 10:00 Rehasport	09:00 - 09:30 Rückenfit	16:30 - 17:00 Faszien Training	09:00 - 10:00 Bodyforming	10:00 - 11:00 Rehasport	10:00 - 11:00 Aerobic
10:00 - 11:00 Zumba	10:00 - 11:00 Rehasport	09:30 - 10:00 Bauchattack	17:00 - 18:00 Pilates	10:00 - 10:30 Bauchattack	11:00 - 12:00 Fitnessorientiertes...	11:00 - 12:00 Bodyforming
17:30 - 18:30 Yoga	17:30 - 18:00 Bauchattack	11:00 - 12:00 Geefit	18:00 - 19:00 Bauch Beine Po	10:30 - 11:00 Bauch Beine Po		11:00 - 12:00 Zumba Fitness *
18:00 - 18:45 Functional Training...	18:00 - 19:00 Bodyforming	16:00 - 17:00 Rehasport	18:00 - 18:45 Functional Training...	16:00 - 17:00 Rehasport		12:00 - 12:30 Bauchattack
19:00 - 19:45 Functional Training...	19:00 - 19:45 Functional Training...	17:00 - 18:00 Rehasport		17:00 - 18:00 Rehasport		12:00 - 13:00 Zumba Gold *
19:30 - 20:30 Zumba	19:00 - 20:00 Aerobic	18:00 - 19:00 Yoga		18:00 - 18:30 Bauchattack		
20:30 - 21:30 Zumba	20:00 - 20:45 Zumba Toning	19:00 - 20:00 Rückenfit		18:30 - 19:30 Bodyforming		
	20:45 - 21:30 Zumba Fitness	20:00 - 21:00 Langhantel Training...		19:30 - 20:30 Step		

- Ausdauer
- Entspannung
- Figur
- Funktional Train...
- Gesundheit
- Rehasport
- Kraft

Stand: 22.02.2020