

Kursplan

03.05.2021 - 09.05.2021

Fitness Park
 Felix-Wankel-Str. 41
 70794 Filderstadt
 0711 90 77 974
 fitness_park@t-online.de



Montag 03.05.2021	Dienstag 04.05.2021	Mittwoch 05.05.2021	Donnerstag 06.05.2021	Freitag 07.05.2021	Samstag 08.05.2021	Sonntag 09.05.2021
09:00 - 10:00 Rückenfit	08:45 - 09:45 Balance Swing	09:00 - 10:00 BBP Bauch Beine Po	09:00 - 10:00 Rücken & Faszien	09:00 - 10:00 TBW	13:00 - 14:00 TBW	09:45 - 10:45 Indoor Cycling
10:10 - 11:10 Functional Fitness	09:50 - 10:35 FiveGym	10:10 - 11:10 Balance Swing	10:10 - 11:10 Indoor Cycling	10:05 - 11:05 TRX® Schlingentrain...	14:05 - 15:05 Indoor Cycling	10:55 - 11:55 BBP Bauch Beine Po
17:30 - 18:30 BBP Bauch Beine Po	10:45 - 11:45 Indoor Cycling	17:15 - 18:15 Rücken & Faszien	10:10 - 11:10 TRX® Yoga	18:00 - 19:00 Zumba®		11:00 - 12:00 Indoor Cycling
18:35 - 19:35 Zumba®	17:30 - 18:15 Rückenfit	18:20 - 19:20 BBP Bauch Beine Po	18:00 - 19:00 Rücken & Faszien	19:00 - 20:00 Indoor Cycling		12:00 - 14:00 Zumba®
18:35 - 19:30 TRX® Schlingentrain...	18:20 - 19:20 Dumbell	18:20 - 19:20 Indoor Cycling	19:05 - 20:05 Indoor Cycling	19:30 - 20:00 Bauch Spezial		
19:35 - 20:35 Power Mix Fitness	19:30 - 20:30 Indoor Cycling	19:30 - 20:30 Indoor Cycling	19:05 - 20:05 TBW	20:05 - 21:05 Yoga		
19:45 - 20:45 Indoor Cycling	20:30 - 21:30 ThaiBo	19:30 - 20:30 Iron Cross	20:10 - 21:10 TRX® Schlingentrain...			
20:45 - 21:45 Yoga		20:35 - 21:35 Yoga				

Fitness
 Indoor Cycling
 Kinderkarate
 Tanz

Stand: 07.05.2021