

Kursplan

15.07.2019 - 21.07.2019

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



| Montag 15.07.2019 | Dienstag 16.07.2019 | Mittwoch 17.07.2019 | Donnerstag 18.07.2019 | Freitag 19.07.2019 | Samstag 20.07.2019 | Sonntag 21.07.2019 |
|-------------------------------------|-------------------------------------|-------------------------------------|-----------------------------------|---|---------------------------------|-------------------------------------|
| 09:00 - 10:00 Rückenfit | 09:00 - 10:00 Balance Swing | 09:00 - 10:00 BBP Bauch Beine Po | 09:00 - 10:00 Rücken & Faszien | 09:15 - 10:30 Power TBW | 12:30 - 15:00 Zumba | 10:00 - 11:00 Indoor Cycling |
| 10:00 - 11:00 Functional Fitness | 10:00 - 11:00 Indoor Cycling | 10:00 - 11:00 Balance Swing | 10:00 - 11:00 Indoor Cycling | 10:30 - 11:30 TRX | 13:45 - 15:15 Power TBW | 10:00 - 11:00 Zumba |
| 17:30 - 18:30 Balance Swing | 14:30 - 16:30 Kinderkarate | 17:30 - 18:30 Rücken & Faszien | 10:00 - 11:00 TRX® YOGA | 15:30 - 17:00 Zumba | 15:15 - 16:15 Indoor Cycling | 11:10 - 12:10 BBP Bauch Beine Po |
| 17:30 - 18:30 BBP Bauch Beine Po | 17:15 - 18:15 Functional Fitness | 18:30 - 19:30 BBP Bauch Beine Po | 18:00 - 19:00 Rücken & Faszien | 17:00 - 18:00 KamiBo / Shadowboxe... | 15:30 - 16:30 TRX | |
| 18:30 - 19:30 Zumba | 17:30 - 18:15 Rückenfit | 18:30 - 19:30 Indoor Cycling | 19:00 - 20:00 Indoor Cycling | 18:00 - 19:00 Hot Iron II | | |
| 18:30 - 19:30 TRX | 18:15 - 19:15 Dumbell | 19:30 - 20:30 Indoor Cycling | 19:00 - 20:00 TBW | 19:10 - 20:10 Indoor Cycling | | |
| 19:30 - 20:30 Power Mix Fitness | 18:15 - 19:15 Zumba | 19:30 - 20:30 Iron Cross | 20:00 - 21:00 TRX | 19:30 - 20:00 Bauch Spezial | | |
| 19:30 - 20:30 Indoor Cycling | 19:15 - 19:45 Bauch Spezial | 20:30 - 21:30 Yoga | | 20:00 - 21:00 Yoga | | |
| 20:30 - 21:30 Yoga | 19:30 - 20:30 Indoor Cycling | | | | | |
| | 19:45 - 20:45 Balance Swing | | | | | |

Fitness
 Indoor Cycling
 Kinderkarate
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Stand: 21.07.2019