

Kursplan: Kursraum

18.11.2019 - 24.11.2019

FITNESS-pur GmbH
Brüsseler Str. 5
65552 Limburg
0 64 31 - 2 33 30
mail@fitness-pur.com



Montag 18.11.2019	Dienstag 19.11.2019	Mittwoch 20.11.2019	Donnerstag 21.11.2019	Freitag 22.11.2019	Samstag 23.11.2019	Sonntag 24.11.2019
09:30 - 10:25 easy Fatburner	09:30 - 10:10 Cardio-Workout	08:30 - 08:45 Medical-Fitness Sch...	17:05 - 17:20 Medical-Fitness Sch...	08:10 - 08:25 Medical-Fitness Hüf...	14:30 - 15:30 wechselnde Workshop...	10:30 - 11:25 Ironfit
10:30 - 11:40 Yoga	10:15 - 11:10 Pilates	09:00 - 09:40 BBP Plus	17:25 - 18:05 five meets BLACKROL...	08:30 - 08:55 Faszien-Fitness		
16:55 - 17:10 Medical-Fitness Hüf...	11:15 - 11:55 five meets BLACKROL...	09:45 - 10:25 Rückenfitness	18:30 - 19:25 Rückenfitness	09:00 - 09:55 Bodyforming		
17:15 - 17:55 five	18:00 - 18:25 Faszien-Fitness	10:30 - 11:10 five	19:30 - 20:10 five	10:00 - 10:55 Pilates		
18:00 - 18:25 Bauch	18:30 - 19:25 Pilates	11:15 - 11:40 Faszien-Fitness		11:00 - 11:25 PM Entspannung		
18:30 - 19:10 Tabata/ HIIT	19:30 - 20:25 Ski-Workout	18:30 - 19:25 Body CROSS		11:30 - 12:25 Pilates		
19:15 - 20:10 Step		19:30 - 20:25 Bodyforming		18:30 - 18:55 Qi-Gong		
				19:00 - 20:10 Yoga		

- Ausdauer
- Figur
- Gesundheit/Entsp...
- Kraft
- Rehasport
- Workshop

Stand: 22.11.2019