

Kursplan

16.05.2022 - 22.05.2022

Freedom-Fitness-Studio
 Helvesieker Weg 70
 27383 Scheeßel
 04263-3023400
 info@freedom-fitness.de



Montag 16.05.2022	Dienstag 17.05.2022	Mittwoch 18.05.2022	Donnerstag 19.05.2022	Freitag 20.05.2022	Samstag 21.05.2022	Sonntag 22.05.2022
09:15 - 10:15 Rückenfit	09:15 - 10:15 Body Styling	09:15 - 10:15 Yoga / Pilates	09:15 - 10:15 Physio Fit	09:15 - 10:15 Workout of the Week...		
18:15 - 19:15 Rückenfit	10:30 - 11:30 Reha Kurs Orthopädi...	18:15 - 19:15 Bauch, Beine, Po	10:30 - 11:30 Senioren Fit	10:30 - 11:30 FT Movement		
18:15 - 19:15 FT Burn	18:15 - 19:15 Fatburner	18:15 - 19:15 Rückenfit	18:15 - 19:15 Fatburner	16:00 - 17:00 FT Movement Jugend		
19:30 - 20:30 Power Yoga	19:30 - 20:30 Indoor Cycling	19:15 - 19:45 M.A.X.	19:30 - 20:30 FT Strength	18:15 - 19:15 Langhanteltraining		
	19:30 - 20:30 Zumba	20:00 - 21:00 TÖSÖX	19:30 - 20:30 Yoga / Pilates	19:30 - 20:30 Zumba		
	19:30 - 20:30 FT Mobility			19:30 - 20:30 FT Burn		

- Bauch Beine Po
- Mobility
- Senioren Fit
- Workout of the w...
- Burn
- Movement
- Sonstige
- Yoga
- Fatburner
- Physio Fit
- Step I + II
- Zumba
- Indoor Cycling
- Rückenfit
- Strength

Stand: 20.05.2022