

Kursplan: 1. Kursraum

16.05.2022 - 22.05.2022

Freedom-Fitness-Studio
 Helvesieker Weg 70
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 04263-3023400
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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	18:15 - 19:15 Langhanteltraining		
19:30 - 20:30 Power Yoga	18:15 - 19:15 Fatburner	18:15 - 19:15 Rückenfit	18:15 - 19:15 Fatburner	19:30 - 20:30 Zumba		
	19:30 - 20:30 Indoor Cycling	19:15 - 19:45 M.A.X.	19:30 - 20:30 Yoga / Pilates			
	19:30 - 20:30 Zumba	20:00 - 21:00 TÖSÖX				

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

Stand: 20.05.2022