

Kursplan

13.09.2021 - 19.09.2021

VITA NOVA
 Am Schwimmbad 3
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Montag 13.09.2021	Dienstag 14.09.2021	Mittwoch 15.09.2021	Donnerstag 16.09.2021	Freitag 17.09.2021	Samstag 18.09.2021	Sonntag 19.09.2021
09:00 - 09:55 BBP (Bauch-Beine-Po...)	09:00 - 09:55 Les Mills Bodypump	09:00 - 09:45 Les Mills Tone	09:00 - 09:55 LMI STEP	09:00 - 10:00 Rückenfit (KK)	16:00 - 16:55 Les Mills Bodypump	09:30 - 10:00 Les Mills CORE
10:00 - 10:30 Rücken in Balance	10:00 - 11:00 Pilates (KK)	09:50 - 10:20 Rücken in Balance	10:00 - 11:00 Yoga Rücken	18:00 - 18:45 Les Mills Tone		10:05 - 11:05 IndoorCycling Inter...
10:15 - 11:30 Hatha Yoga	17:30 - 18:30 BBP (Bauch-Beine-Po...)	17:00 - 18:00 Yoga Stretch Relax	18:00 - 19:15 Hatha Vinyasa Flow ...	19:00 - 19:55 Les Mills Bodybalan...		11:00 - 12:00 Zumba
18:00 - 18:45 Les Mills Tone	18:00 - 19:00 Pilates	18:00 - 18:30 Les Mills Sprint	18:00 - 18:45 Rückenfit (KK)			
19:00 - 19:55 Les Mills Bodypump	19:00 - 19:55 Les Mills RPM	18:45 - 19:30 Les Mills CORE	18:55 - 19:50 Les Mills Bodypump			
19:00 - 19:45 Indoor Cycling	19:00 - 20:00 Rückenfit (KK)	19:35 - 20:20 Les Mills Bodypump ...	19:00 - 19:45 IndoorCycling Inter...			
19:30 - 20:25 Les Mills Bodybalan...	20:00 - 20:55 Les Mills Bodypump	20:00 - 21:00 JUMPING FITNESS	19:45 - 20:40 Les Mills BodyComba...			
			20:00 - 21:00 Zumba			

- Figur u. Abnehme...
- Gesundheit
- Kraft u. Ausdaue...
- Körper & Geist
- Outdoor

Stand: 17.09.2021