

Kursplan

14.01.2019 - 20.01.2019

Fitness- und Wellnessclub Körperwelt
 Gewerbepark 7
 57518 Betzdorf
 02741 974066
 info@koerperwelt.net



Montag 14.01.2019	Dienstag 15.01.2019	Mittwoch 16.01.2019	Donnerstag 17.01.2019	Freitag 18.01.2019	Samstag 19.01.2019	Sonntag 20.01.2019
08:00 - 09:00 Reha	08:00 - 09:00 Spinning	08:00 - 09:00 Reha	09:00 - 10:00 Pilates	10:00 - 10:30 Blackroll	10:00 - 11:00 Reha	10:00 - 11:00 Les Mills Body Pump...
09:00 - 10:00 Reha	09:00 - 10:00 sanftes Rückentrain...	09:00 - 10:00 Yoga	10:00 - 11:00 Reha	17:15 - 18:00 CALL OF BEAUTY	11:00 - 12:00 LessMills Body Atta...	11:10 - 11:40 Les Mills CXWORX
11:00 - 12:00 Rückenfitness	10:00 - 11:00 sanftes Yoga	10:00 - 11:00 Faszio	11:00 - 11:30 Blackroll	18:15 - 19:15 Les Mills Body Bala...	13:00 - 14:00 Kickboxen	11:45 - 12:15 Less Mills Sprint
17:15 - 18:00 Less Mills Body Att...	11:00 - 12:00 Reha	16:00 - 17:00 Reha	16:00 - 17:00 Reha		14:00 - 15:00 Step&BBP	
18:00 - 18:55 Fatburner	17:15 - 17:45 Les Mills GRIT STRE...	17:00 - 17:55 BBP	17:00 - 18:00 Reha			
19:00 - 20:00 Les Mills Body Bala...	18:00 - 19:00 Les Mills Body Pump...	18:00 - 18:45 Les Mills Body Pump...	18:00 - 18:55 Step & Burn			
20:10 - 21:10 Spinning	19:10 - 20:10 Yoga	19:00 - 20:00 Less Mills Body Att...	19:00 - 19:30 Les Mills GRIT STRE...			
21:15 - 22:00 Kickboxen	20:30 - 21:30 Reha	20:30 - 21:30 Reha	19:35 - 20:05 Less Mills Sprint			
			20:15 - 21:00 Zumba mit Sonja			

- Ausdauer
- Dance & Fun
- Figur
- Gesundheit
- Kinderbetreuung
- Kraft

Stand: 16.01.2019