

Kursplan

11.12.2017 - 17.12.2017

Familien Fitness Center
 Thunbuschstraße 14
 42781 Haan
 02104 60376
 info@ffc-fitness.de



Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
09:00 - 09:55 Reha	08:45 - 09:40 WSG	09:00 - 09:55 Reha	09:30 - 10:25 Fit ab 60	09:45 - 10:45 WSG	13:00 - 13:55 Zumba	11:00 - 12:30 Bauch + Body
10:00 - 10:55 Aroha	09:45 - 10:40 WSG	10:00 - 10:55 WSG	10:30 - 11:30 Bodystyling	10:50 - 11:45 Pilates	14:00 - 14:55 Step 2	11:00 - 12:00 Indoor Cycling 1-2
11:00 - 12:00 Reha	10:45 - 11:45 Fitness - YOGA	17:30 - 18:25 TRX - Power	18:00 - 18:55 TRX - Power	11:50 - 12:50 Pilates	15:00 - 15:55 Dance-Aerobic	12:00 - 13:00 TRX - Basic
17:30 - 18:25 Fatburner	17:00 - 18:00 TRX - Basic	18:00 - 18:55 Fatburner	18:00 - 18:55 Zumba	16:00 - 16:55 Reha		
18:00 - 19:00 TRX - Basic	18:00 - 18:55 Pilates	18:30 - 19:25 Indoor Cycling 1	19:00 - 19:55 Deepwork	17:00 - 17:55 TRX - Basic		
18:30 - 19:25 Zumba	18:00 - 19:00 Kickboxen	19:00 - 19:55 Bodystyling	19:00 - 19:55 Indoor Cycling 1	17:00 - 17:55 WSG		
19:15 - 20:15 Indoor Cycling 2	19:00 - 19:55 Step 1	19:30 - 20:15 Functional Circuit	20:00 - 21:00 WSG	18:30 - 20:00 Fitness Boxen		
19:30 - 20:10 Pilates Compact	19:15 - 20:15 Indoor Cycling 2	20:00 - 21:00 WSG				
20:15 - 21:15 WSG						

■ Ausdauer
 ■ Dance & Fun
 ■ Gesundheit
 ■ Kraft

Stand: 11.12.2017