

Kursplan

18.02.2019 - 24.02.2019

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



Montag 18.02.2019	Dienstag 19.02.2019	Mittwoch 20.02.2019	Donnerstag 21.02.2019	Freitag 22.02.2019	Samstag 23.02.2019	Sonntag 24.02.2019
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	09:30 - 10:30 Vinyasa - YOGA	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	13:00 - 13:55 Zumba	11:00 - 12:00 Indoor Cycling
11:00 - 12:00 Reha	10:45 - 11:45 Fitness - YOGA	15:00 - 15:55 Kyokushinkai-Karate...	18:00 - 18:55 TRX - Basic	11:50 - 12:50 Pilates	14:00 - 14:55 Step Aerobic	12:00 - 13:00 TRX - Basic
16:00 - 16:55 Kyokushinkai-Karate...	17:00 - 18:00 TRX - Basic	16:00 - 16:55 Kyokushinkai-Karate...	18:00 - 18:55 Zumba	16:00 - 16:55 Reha		13:00 - 14:00 TRX FTC
17:00 - 17:55 Kyokushinkai-Karate...	18:00 - 18:55 Pilates	17:00 - 17:55 Kyokushinkai-Karate...	19:00 - 19:55 Indoor Cycling	17:00 - 17:55 TRX - Basic		
17:30 - 18:25 Fatburner	18:00 - 19:00 Kickboxen	17:30 - 18:25 TRX - Power	19:00 - 20:00 Pilates	17:00 - 17:55 WSG		
18:00 - 19:00 TRX - Basic	19:00 - 20:00 TRX FTC	18:00 - 18:55 Fatburner	20:00 - 21:00 WSG	18:00 - 19:00 Step & Bauch intens...		
18:30 - 19:25 Zumba	19:15 - 20:15 Indoor Cycling	18:30 - 19:25 Indoor Cycling		18:30 - 20:00 Fitness Boxen		
19:15 - 20:15 Indoor Cycling		19:00 - 19:55 Bodystyling				
19:30 - 20:10 HIT & Stretch		19:30 - 20:30 TRX FTC				
20:15 - 21:15 WSG		20:00 - 21:00 WSG				

■ Ausdauer
 ■ Dance & Fun
 ■ Gesundheit
 ■ Kraft

Stand: 22.02.2019