

Kursplan: Kursraum 2

17.02.2020 - 23.02.2020

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



Montag 17.02.2020	Dienstag 18.02.2020	Mittwoch 19.02.2020	Donnerstag 20.02.2020	Freitag 21.02.2020	Samstag 22.02.2020	Sonntag 23.02.2020
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	18:00 - 18:55 Zumba	10:50 - 11:45 Pilates	13:00 - 13:55 Zumba	
11:00 - 12:00 Reha	10:45 - 11:45 Fitness - YOGA	15:00 - 15:55 Kyokushinkai-Karate...	19:00 - 19:55 Pilates	11:50 - 12:50 Pilates	14:00 - 14:55 Step Aerobic	
16:00 - 16:55 Kyokushinkai-Karate...	18:00 - 18:55 Pilates	16:00 - 16:55 Kyokushinkai-Karate...	20:00 - 21:00 WSG	16:00 - 16:55 Reha		
17:30 - 18:25 Fatburner	19:00 - 20:00 TRX FTC	17:00 - 17:55 Kyokushinkai-Karate...		17:00 - 17:55 WSG		
18:30 - 19:25 Zumba		18:00 - 18:55 Fatburner		18:00 - 19:00 Step & Bauch intens...		
19:30 - 20:30 WSG		19:00 - 19:55 Bodystyling				
		20:00 - 21:00 WSG				

■ Ausdauer & Kampf...
 ■ Dance & Fun
 ■ Gesundheit & Fit...
 ■ Kraft

Stand: 18.02.2020