

Kursplan: Kursraum 2

28.11.2022 - 04.12.2022

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



Montag 28.11.2022	Dienstag 29.11.2022	Mittwoch 30.11.2022	Donnerstag 01.12.2022	Freitag 02.12.2022	Samstag 03.12.2022	Sonntag 04.12.2022
<div style="background-color: red; color: white; padding: 5px; border-radius: 10px;">18:00 - 18:55 TRX - Basic</div> <div style="background-color: blue; color: white; padding: 5px; border-radius: 10px;">19:15 - 20:15 Indoor Cycling</div>	<div style="background-color: red; color: white; padding: 5px; border-radius: 10px;">17:00 - 17:55 TRX - Basic</div> <div style="background-color: blue; color: white; padding: 5px; border-radius: 10px;">18:15 - 19:10 Indoor Cycling</div> <div style="background-color: blue; color: white; padding: 5px; border-radius: 10px;">19:30 - 20:30 Fitnessboxen</div>	<div style="background-color: red; color: white; padding: 5px; border-radius: 10px;">17:30 - 18:25 Bauch & Po Express</div> <div style="background-color: green; color: white; padding: 5px; border-radius: 10px;">18:45 - 20:15 Vinyasa - YOGA</div>	<div style="background-color: blue; color: white; padding: 5px; border-radius: 10px;">17:30 - 18:25 Indoor Cycling</div> <div style="background-color: blue; color: white; padding: 5px; border-radius: 10px;">18:30 - 19:25 Indoor Cycling</div> <div style="background-color: blue; color: white; padding: 5px; border-radius: 10px;">19:30 - 20:30 Fitnessboxen</div>	<div style="background-color: red; color: white; padding: 5px; border-radius: 10px;">17:00 - 17:55 TRX - Basic</div>		<div style="background-color: blue; color: white; padding: 5px; border-radius: 10px;">10:45 - 11:40 Indoor Cycling</div> <div style="background-color: red; color: white; padding: 5px; border-radius: 10px;">12:00 - 12:55 TRX - Basic</div>

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

Stand: 03.12.2022