

Kursplan: Kursraum 1

18.11.2024 - 24.11.2024

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



Montag 18.11.2024	Dienstag 19.11.2024	Mittwoch 20.11.2024	Donnerstag 21.11.2024	Freitag 22.11.2024	Samstag 23.11.2024	Sonntag 24.11.2024
09:00 - 09:55 Reha	09:00 - 09:55 WSG	09:00 - 09:55 Reha	10:00 - 10:55 Fit ab 60	09:30 - 10:25 WSG		11:00 - 12:30 Bauch + Body
10:00 - 10:55 Aroha	10:00 - 10:55 WSG	10:00 - 10:55 WSG	18:30 - 19:25 Body-Fit mixed exer...	10:30 - 11:25 Pilates		
11:00 - 11:55 Reha	18:00 - 18:55 Pilates	17:30 - 18:25 Step-Aerobic 1	19:30 - 21:00 Fitness - YOGA	17:00 - 17:55 WSG		
17:30 - 18:25 Fatburner	19:15 - 20:10 Muscle Workout	18:30 - 19:25 Step & more				
18:30 - 19:25 Zumba		19:30 - 20:30 WSG				
19:30 - 20:30 WSG						

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

Stand: 21.11.2024