

Kursplan: Kursraum 1

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
<div data-bbox="107 371 369 451">17:00 - 17:55 Kyokushinkai-Karate...</div> <div data-bbox="107 459 369 539">18:00 - 19:00 TRX - Basic</div> <div data-bbox="107 547 369 627">19:15 - 20:15 Indoor Cycling</div>	<div data-bbox="392 371 654 451">17:00 - 17:55 TRX - Basic</div> <div data-bbox="392 459 654 539">18:00 - 18:55 Kickboxen</div> <div data-bbox="392 547 654 627">19:00 - 20:00 Indoor Cycling</div>	<div data-bbox="676 371 938 451">17:30 - 18:25 TRX - Power</div> <div data-bbox="676 459 938 539">18:30 - 19:25 Indoor Cycling</div> <div data-bbox="676 547 938 627">19:30 - 20:30 TRX FTC</div>	<div data-bbox="960 371 1223 451">10:45 - 11:30 TRX - Basic</div> <div data-bbox="960 459 1223 539">18:00 - 18:55 TRX - Basic</div> <div data-bbox="960 547 1223 627">19:00 - 19:55 Indoor Cycling</div> <div data-bbox="960 635 1223 715">20:00 - 21:30 Fitness Boxen</div>	<div data-bbox="1245 371 1507 451">17:00 - 17:55 TRX - Basic</div>		<div data-bbox="1843 371 2105 451">11:00 - 11:55 Indoor Cycling</div> <div data-bbox="1843 459 2105 539">12:00 - 13:00 TRX - Basic</div>

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

Stand: 18.02.2020