

Kursplan: Kursraum 1

31.03.2025 - 06.04.2025

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



Montag 31.03.2025	Dienstag 01.04.2025	Mittwoch 02.04.2025	Donnerstag 03.04.2025	Freitag 04.04.2025	Samstag 05.04.2025	Sonntag 06.04.2025
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		17:00 - 17:55 WSG		
17:30 - 18:25 Fatburner	19:15 - 20:10 Muscle Workout	18:30 - 19:25 Step & more		18:15 - 19:30 Fitness - YOGA		
18:30 - 19:25 Zumba		19:30 - 20:30 WSG				
19:30 - 20:30 WSG						

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

Stand: 02.04.2025