

Kursplan: Kursraum 1

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
09:00 - 09:55 Reha	09:00 - 09:55 WSG	09:00 - 09:55 Reha	09:30 - 10:25 Fit ab 60	09:00 - 09:55 WSG	09:30 - 10:25 Vinyasa - YOGA	11:00 - 12:30 Bauch + Body
10:00 - 10:55 Aroha	10:00 - 10:55 WSG	10:00 - 10:55 WSG	17:30 - 18:25 Aroha	10:00 - 10:55 Pilates		
11:00 - 11:55 Reha	18:00 - 18:55 Pilates	17:30 - 18:25 Fatburner	18:30 - 19:25 Body-Fit mixed exer...	17:00 - 17:55 WSG		
17:30 - 18:25 Fatburner	19:15 - 20:10 Muscle Workout	18:30 - 19:25 Step 1 & more		18:15 - 19:10 Step-Aerobic		
18:30 - 19:25 Zumba		19:30 - 20:30 WSG				
19:30 - 20:30 WSG						

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

Stand: 03.12.2022