

# LuckyFitness.de Kursplan für Studio Dessau

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**08:00**  
*Reha Ortho*

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**09:00**  
*Reha Ortho*  
*Yoga*

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**10:00**  
*Reha Ortho*

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**10:30**  
*Les Mills - CXWORX*

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**11:00**  
*Reha Neuro*  
*LesMills BodyBalance*

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**13:00**  
*Reha Ortho*

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**16:00**  
*LesMills - BODY COMBAT*

**16:30**  
*Reha Ortho*

**13:30**  
*Aqua Reha*

**09:00**  
*Rücken Fit*  
*Zumba*

**17:00**  
*LesMills - SH BAM*

**14:15**  
*Aqua Reha*

**10:00**  
*Rücken Fit*

**18:00**  
*Zumba*  
*Jumping Fitness*  
*Aqua Reha*  
*Les Mills - CXWORX*

**16:00**  
*Reha Ortho*  
*LesMills - BODY COMBAT*

**10:30**  
*Les Mills - CXWORX*

**19:15**  
*LesMills BODYPUMP*

**17:00**  
*Reha Geistige Behinderung*

**11:00**  
*Reha Ortho*  
*LesMills BodyBalance*

**18:00**  
*Aerodance*

**16:00**  
*LesMills - SH BAM*

**19:00**  
*Reha Ortho*  
*LesMills BodyBalance*

**17:30**  
*Reha Ortho*

**18:15**  
*LuckyWorkhard*

**19:00**  
*Bauch Rücken Stretching*

**19:15**

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**13:45**  
*Reha Ortho*

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**09:00**  
*Frühspor*

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**15:00**  
*Kids Fit*

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**10:00**  
*Reha Ortho*

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**16:00**  
*LesMills - BODY COMBAT*

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**11:00**  
*Reha Ortho*  
*LesMills BodyBalance*

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**17:00**  
*Reha Ortho*  
*LesMills BODYPUMP*

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**13:00**  
*Aqua Reha*

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**18:00**  
*LesMills BODYPUMP*

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**13:45**  
*Aqua Reha*

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**18:15**  
*Zumba*

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**14:00**  
*LesMills BodyBalance*

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**19:15**  
*X-Fit*

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**16:00**  
*LesMills - BODY COMBAT*

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**18:00**  
*Step Style*

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**19:00**

Stand: 09.08.2020