

LuckyFitness.de Kursplan für Studio Dessau

08:10
Reha Ortho

09:00
Reha Ortho
Yoga-Pilates

10:00
Reha Ortho

13:00
Reha Ortho

16:30
Reha Ortho

18:00
Aqua Reha

18:15
Jumping Fitness

18:45
Aqua Reha

19:15
LesMills BODYPUMP

13:30
Aqua Reha

14:15
Aqua Reha

18:00
Reha Ortho

19:00
*Geistige Behinderung
Bauch Rücken Stretching*

09:00
*Rücken aktiv
Zumba Gold*

10:00
Rücken aktiv

11:00
Reha Ortho

12:00
Aqua Reha

13:00
Aqua Reha

14:00
Aqua Reha

17:00
Reha Ortho

18:15
LuckyWorkhard

19:15

Jumping Fitness

Donnerstag

13:45
Reha Ortho

15:00
Kids Fit

17:00
Reha Ortho

18:00
LesMills BODYPUMP

18:15
Zumba

19:10
Pilates

19:15
X-Fit

Freitag

09:00
Wake Up

10:00
Wake Up
Reha Ortho

11:00
Reha Ortho

13:00
Aqua Reha

13:45
Aqua Reha

18:00
Step Dance meets Workout