

LuckyFitness.de Kursplan für Studio Dessau

08:00
Reha Ortho

09:00
Reha Ortho
Yoga

10:00
Reha Ortho

11:00
Reha Neuro

13:00
Reha Ortho

14:00
Reha Ortho

16:30
Reha Ortho

18:00
Jumping Fitness

Aqua Reha

Dienstag

Mittwoch

Donnerstag

Freitag

13:30

Aqua Reha

09:00

Rücken Fit

13:45

Reha Ortho

09:00

Frühspport

19:15

LuckyWorkhard

14:15

Aqua Reha

11:00

Reha Ortho

17:00

Reha Ortho

10:00

Reha Ortho

16:00

Reha Ortho

16:00

Reha Ortho

18:00

LesMills BODYPUMP

11:00

Reha Ortho

17:00

Reha Ortho

17:30

Reha Ortho

19:15

LesMills BodyBalance

16:00

Reha Ortho

18:00

*LesMills BODYPUMP
Aerodance*

18:15

LuckyWorkhard

17:00

Reha Ortho

19:00

Reha Ortho

19:00

Bauch Rücken Stretching

18:00

Step Style

19:15

LesMills BodyBalance

19:15

Jumping Fitness

19:00

Bauch X-Press

Stand: 20.10.2019