

# LuckyFitness.de Kursplan für Studio Haldensleben

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**09:00**  
*Crosstraining*

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**09:30**  
*Reha Ortho*

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**10:00**  
*Crosstraining*

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**16:00**  
*Reha Ortho*  
*KidsFightclub*

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**17:00**  
*KidsFightclub*

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**18:00**  
*TeensFightclub*  
*Yoga-Pilates*

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**18:30**  
*Zumba*

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**19:00**  
*Fitnessboxen / Thaiboxen*

*LesMills BODYPUMP*

## Dienstag

## Mittwoch

## Donnerstag

## Freitag

**09:00**

*Reha Ortho*

**09:00**

*Reha Ortho  
Crosstraining*

**16:30**

*Crosstraining*

**09:00**

*Fit mit Baby  
Crosstraining*

**20:00**

*Mobility*

**10:00**

*Reha Ortho*

**10:00**

*Crosstraining  
Rücken Fit*

**17:00**

*Reha Ortho*

**10:00**

*Reha Ortho  
Crosstraining*

**16:00**

*KidsFightclub*

**16:00**

*KidsFightclub*

**17:30**

*Crosstraining Einsteiger  
LesMills BODYATTACK*

**16:00**

*Fitnessboxen / Thaiboxen*

**17:00**

*Reha  
Crosstraining Einsteiger*

**17:00**

*KidsFightclub*

**18:00**

*Reha Ortho*

**17:00**

*Multiworkout*

**18:00**

*Schwangerschaftsgymnastik  
Crosstraining*

**18:00**

*LesMills BODYPUMP  
TeensFightclub  
Fatburner/HIIT*

**18:30**

*Jumping Fitness  
Crosstraining*

**18:30**

*Jumping Fitness*

**19:00**

*Mobility  
Fitnessboxen / Thaiboxen*

**19:30**

*Bauch Express*

**20:00**

*Mobility*

Stand: 28.10.2021