

LuckyFitness.de Kursplan für Studio Haldensleben

09:30
Reha Ortho
Crosstraining

10:30
Crosstraining

16:00
Reha Ortho
KidsFightclub

17:00
KidsFightclub

18:00
TeensFightclub
LesMills® BODYATTACK

19:00
Fitnessboxen / Thaiboxen
LesMills® BODYPUMP

20:00
Mobility

09:00
Reha Ortho

10:00
Reha Ortho

16:00
Reha Ortho

17:00
Crosstraining Einsteiger
Reha Ortho

18:00
Schwangerschaftsgymnastik
Crosstraining
LesMills® BODYATTACK

19:00
Jumping Fitness®
Fitnessboxen / Thaiboxen

09:00
Reha Ortho

09:30
Crosstraining

10:00
Rücken Fit

10:30
Crosstraining

16:00
KidsFightclub

17:00
KidsFightclub

18:00
TeensFightclub
LesMills® BODYATTACK

19:00
Fitnessboxen / Thaiboxen

Zumba®

Donnerstag

Freitag

10:00
Reha Ortho

09:00
Fit mit Baby

20:00
Mobility

17:00
Reha Ortho
Crosstraining Einsteiger

09:30
Crosstraining

18:00
Reha Ortho
Crosstraining

10:00
Reha Ortho

19:00
Jumping Fitness®
Fitnessboxen / Thaiboxen

10:30
Crosstraining

17:00
Multiworkout

18:00
Yoga-Pilates

Stand: 07.10.2022