

LuckyFitness.de Kursplan für Studio Magdeburg

Montag

09:00
Reha

10:00
Rücken Fit

11:00
Mobility

17:00
Reha
LesMills® BODYPUMP

18:00
Bauch Beine Po
LesMills® RPM

19:00
Indoor-Cycling

Dienstag

09:00
Reha

17:30
Mobility

18:00
Crosstraining

19:00
Boxen
Reha

Mittwoch

09:00
Reha

10:00
Fatburner/HIIT

10:30
Bauch Express

17:00
LesMills® BODYPUMP

18:00
Bauch Express

18:30
LesMills® RPM

19:00
LesMills® BODYPUMP

Donnerstag

09:00
Reha

10:00
Reha

17:00
Rücken Express

17:30
Jumping Fitness®

18:00
Crosstraining

19:00
Boxen

Freitag

09:00
Reha

10:00
Reha
Crosstraining

16:00
Hula Hoop Dance

16:30
Zumba®

17:30
LesMills® BODYPUMP

18:30
Indoor-Cycling

Sonntag

10:00
Boxen