

LuckyFitness.de Kursplan für Studio Magdeburg

Montag

10:00
Rücken Fit

11:00
Stretch & Relax

17:00
Body Challenge

18:00
Pilates
LesMills RPM®

19:00
Bauch-Beine-Po

Dienstag

09:00
Reha Ortho

10:00
Reha Ortho
Zumba

17:00
LesMills TONE

18:00
Jumping Fitness

19:30
Reha Ortho

Mittwoch

10:00
Jumping Fitness

11:00
Zumba

13:00
Reha Ortho

17:00
LesMills BODYPUMP

18:00
Bauch Express

18:30
LesMills RPM®

Donnerstag

08:15
Reha Ortho

09:00
Reha Ortho

16:00
Reha Ortho

17:00
Reha Ortho

18:00
LesMills TONE

19:00
Jumping Fitness

Freitag

09:00
Reha Neuro

10:00
Jumping Fitness

11:00
Bauch Express

12:00
Reha Ortho

16:30
Zumba

17:30
LesMills BODYPUMP

18:30
Stretch & Relax