

# LuckyFitness.de Kursplan für Studio Magdeburg

## Montag

## Dienstag

## Mittwoch

## Donnerstag

## Freitag

## Sonntag

**09:00**  
*Reha Innere Medizin*

**09:00**  
*Reha Ortho*

**10:00**  
*Jumping Fitness*

**09:00**  
*Reha Ortho*

**09:00**  
*Reha Neuro*

**11:00**  
*Life-Zirkeltraining*

**10:00**  
*Rücken Fit*

**10:00**  
*Reha Ortho*

**11:00**  
*Bauch Express*

**11:00**  
*Lucky Body Workout*

**10:00**  
*Jumping Fitness*

**15:00**  
*Dr. Wolff Faszien Kurs*

**11:00**  
*Stretch & Relax*

**11:00**  
*Lucky Body Workout*

**13:00**  
*Reha Ortho*

**13:30**  
*Galileo Training*

**11:00**  
*Stretch & Relax*

**16:30**  
*Galileo Training*

**17:00**  
*Body Challenge*

**17:00**  
*Bauch Express*

**17:00**  
*LesMills BODYPUMP*  
*Stretch & Relax*

**16:00**  
*Reha Ortho*

**16:30**  
*Stretch & Relax*  
*Zumba*

**18:00**  
*Pilates*  
*LesMills RPM®*

**17:30**  
*Jumping Fitness*

**18:00**  
*Cardio Fitness*  
*LesMills RPM®*

**17:00**  
*Reha Ortho*

**17:30**  
*LesMills BODYPUMP*

**19:00**  
*Bauch-Beine-Po*

**18:30**  
*Langhanteltraining*

**18:00**  
*Bauch-Beine-Po*

**20:30**  
*Dr. Wolff Faszien Kurs*

**19:30**  
*Reha Ortho*

**19:00**  
*Bauch Express*