

LuckyFitness.de Kursplan für Studio Schönebeck

Montag

*09:00
Frühsport*

*10:30
Reha*

*16:00
Reha*

*17:00
Langhanteltraining*

*18:00
Jumping Fitness*

Dienstag

*10:00
Reha*

*16:00
Zumba*

*16:30
KidsFightclub*

*17:00
Jumping Fitness*

*17:30
Mobility
KidsFightclub*

*18:00
X-Fit
Reha*

*18:30
Brazilian Jiu-Jitsu*

Mittwoch

*09:30
Reha*

*10:30
Reha*

*16:30
Core*

*17:00
Bauch-Beine-Po*

*18:00
Power-Zirkel*

*19:00
Reha
Nogi Grappling*

Donnerstag

*16:30
Jumping Fitness*

*17:30
Mobility*

*18:00
X-Fit*

*18:30
Reha*

Freitag

*10:00
Reha*

*16:30
KidsFightclub*

*17:30
KidsFightclub*

*18:30
Brazilian Jiu-Jitsu*