

LuckyFitness.de Kursplan für Studio Schönebeck

09:00
Frühspor

09:30
Reha

10:00
X-Fit

10:30
Reha

11:30
Mobility

14:00
Reha Ortho

16:00
Reha

16:30
KidsFightclub

10:00
Reha

09:30
Reha

17:00
Langhanteltraining

16:00
Reha

10:30
Reha

17:30
KidsFightclub

17:00
Jumping Fitness®
X-Fit

11:30
Mobility

18:00
Jumping Fitness®

18:00
Reha
X-Fit

16:30
Core Training
KidsFightclub

18:30
Brazilian Jiu-Jitsu

18:30
Crosstraining
Boxen

17:00
Bauch-Beine-Po

17:30
KidsFightclub

18:00
Pilates

18:30
Nogi Grappling
Mixed Martial Arts
Fatburner/HIIT

19:00

Reha

Donnerstag

09:00
Reha

10:00
Reha

15:00
Reha

16:30
Jumping Fitness®

17:30
Mobility

18:00
X-Fit

18:30
Reha

19:00
Mixed Martial Arts

Freitag

09:00
Reha

10:00
Reha

16:30
KidsFightclub

17:00
Rücken Fit

17:30
KidsFightclub

18:30
Brazilian Jiu-Jitsu