

LuckyFitness.de Kursplan für Studio Schönebeck

09:00
Frühsport

10:30
Reha

16:00
Reha

16:30
KidsFightclub

17:00
Langhanteltraining

17:30
KidsFightclub

18:00
Jumping Fitness

18:30
Brazilian Jiu-Jitsu

Dienstag

10:00
Reha

17:00
Jumping Fitness

17:30
Mobility

18:00
Reha
Fatburner/HIIT

18:30
Crosstraining

Mittwoch

09:30
Reha

10:30
Reha

16:30
Core
KidsFightclub

17:00
Bauch-Beine-Po

17:30
KidsFightclub

18:00
Power-Zirkel

18:30
Nogi Grappling

19:00
Reha

Donnerstag

16:30
Jumping Fitness

17:30
Mobility
Zumba

18:00
Crosstraining Einsteiger

18:30
Reha
Crosstraining

Freitag

09:00
Reha

10:00
Reha

16:30
KidsFightclub

17:30
KidsFightclub

18:30
Brazilian Jiu-Jitsu