

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

17:00
Jumping Fitness

17:30
Mobility

18:00
X-Fit
Reha

Mittwoch

09:30
Reha Ortho

10:30
Reha

16:30
Core

17:00
Bauch-Beine-Po

18:00
Power-Zirkel

Donnerstag

16:30
Jumping Fitness

17:30
Mobility
Zumba

18:00
X-Fit

18:30
Reha

Freitag

10:00
Reha

Stand: 11.12.2018