

LuckyFitness.de Kursplan für Studio Wolmirstedt

Montag

09:00
Reha

10:00
Reha Ortho

16:00
Reha

17:15
Bauch Workout 30min

18:30
Jumping Fitness®

Dienstag

12:00
Reha Innere Medizin

13:00
Reha Innere Medizin

16:00
Kids Training

17:00
Teens Training

18:30
Functional Training

Mittwoch

10:00
Reha

16:30
Reha

17:30
Zumba®

18:30
LesMills® BODYATTACK

Donnerstag

10:00
Reha Ortho

15:00
Reha Ortho

16:00
Kids Training
LesMills® BodyBalance

17:00
Teens Training
Reha Ortho

18:15
Body Fit

18:30
LesMills® BODYATTACK

Freitag

11:00
Yoga