

Kursplan

13.01.2025 - 19.01.2025

Life Fitness Club
Lochweg 22b
97318 Kitzingen
09321 38 26 60
info@lifefit.de



Montag 13.01.2025	Dienstag 14.01.2025	Mittwoch 15.01.2025	Donnerstag 16.01.2025	Freitag 17.01.2025	Samstag 18.01.2025	Sonntag 19.01.2025
<p>19:30 - 20:15 Rehasport ab Feb.20... Nadja</p>	<p>08:45 - 09:30 Rehasport Nadja</p> <p>09:45 - 10:30 Rehasport Nadja</p> <p>10:45 - 11:30 Rehasport Nadja</p> <p>16:30 - 17:15 Rehasport Nadja</p> <p>19:10 - 20:10 Yin Yoga Nadja</p>	<p>08:45 - 09:30 Rehasport Nadja</p> <p>11:30 - 12:15 Hockergymnastik Nadja</p>	<p>16:30 - 17:15 Rehasport Nadja</p> <p>17:30 - 18:15 Rehasport Nadja</p>	<p>08:15 - 09:00 Rehasport Nadja</p> <p>09:15 - 10:00 Rehasport Nadja</p> <p>10:15 - 11:15 Yin Yoga Nadja</p>		

- Ausdauer
- Präventionskurs
- Rehasport
- Body & Mind
- Kraft
- Outdoor

Stand: 15.01.2025