

Kursplan

17.01.2022 - 23.01.2022

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



Montag 17.01.2022	Dienstag 18.01.2022	Mittwoch 19.01.2022	Donnerstag 20.01.2022	Freitag 21.01.2022	Samstag 22.01.2022	Sonntag 23.01.2022
<p>08:30 - 09:30 Rehasport Nadja</p> <p>09:45 - 10:30 FT movement Thorsten</p> <p>10:45 - 11:30 BALLance Thorsten</p> <p>11:40 - 12:40 Rehasport Andrea</p> <p>18:15 - 19:00 Fat Burner Rita</p> <p>19:15 - 20:15 Jumping Rita</p>	<p>09:00 - 09:45 Rückengymnastik Nadja</p> <p>10:00 - 11:00 BALLance Nadja</p> <p>17:40 - 18:15 Bauch/Beine/Po Sabine</p> <p>18:30 - 19:10 Mobility Sabine</p> <p>19:15 - 20:15 Rehasport Andrea</p> <p>19:30 - 20:15 BALLance Thorsten</p> <p>20:30 - 21:30 Rehasport Andrea</p>	<p>08:30 - 09:30 Rehasport Nadja</p> <p>09:45 - 10:30 Body BALL Sabine</p> <p>10:40 - 11:25 Faszientraining Sabine</p> <p>11:30 - 12:15 Rehasport Hockergym... Nadja</p> <p>17:00 - 17:50 Bauch/Beine/Po Sabine</p> <p>18:00 - 18:25 Tabata Jörg</p> <p>18:00 - 19:00 INDOOR Cycling COAC... Melanie</p> <p>18:30 - 19:00 Tabata Jörg</p> <p>19:10 - 20:10 bodyArt Melanie</p>	<p>09:30 - 10:15 Complex Core Thorsten</p> <p>10:30 - 11:15 BALLance Thorsten</p> <p>18:00 - 18:45 Jumping Rita</p> <p>19:15 - 20:15 Rehasport Nadja</p> <p>20:30 - 21:30 Rehasport BALLance</p> <p>20:30 - 21:30 \$20 BALLance Nadja</p>	<p>09:00 - 10:00 Pilates Mariia</p> <p>10:10 - 10:40 Dehnen Mariia</p> <p>17:40 - 18:40 Faszientraining Marion</p> <p>18:00 - 19:00 Rehasport Nadja</p> <p>18:45 - 19:45 INDOOR Cycling Jörg</p> <p>19:50 - 20:35 FT strenght Jörg</p>		<p>10:00 - 11:00 INDOOR Cycling Jörg</p>

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

Stand: 22.01.2022