KURSPLAN

Fitness First

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.30 FitForever 45 Minuten	08.30 Reah Sport 45 Minuten	08.30 Reha Sport 45 Minuten	08.15 Reha Sport 45 Minuten	09.30 HIIT 55 Minuten		10.00 Langhantel Workou 55 Minuten
10.30 Antara 60 Minuten	09.30 Pilates 60 Minuten	09.30 RückenFit 45 Minuten	09.15 Queenax Functional 45 Minuten	10.30 HealthyFit 45 Minuten		11.00 Core X-Press 30 Minuten
16.00 Reha Sport 45 Minuten	16.45 Reha Sport 45 Minuten	10.20 HealthyFit 45 Minuten	10.15 KAHA 60 Minuten	15.00 Reha Sport 45 Minuten		
17:00 Reha Sport 45 Minuten	17.45 Core X-Press 45 Minuten	11.15 Reha Sport 45 Minuten	11.15 Reha Sport 45 Minuten	16:40 Bike Basics 45 Minuten		
17.30 Queenax Functional Fi 45 Minuten	18.20 RückenFit 45 Minuten	16.30 Reha Sport 45 Minuten	16.00 Reha Sport 45 Minuten	17.30 YinYoga 60 Minuten		
18.00 BodyStyling 45 Minuten	19.10 BodyStyling 45 Minuten	17.30 Queenax Functional 45 Minuten	17.00 Reha Sport 45 Minuten			
19.00 BodyFit HIIT 45 Minuten	20.00 Reha Sport 45 Minuten	17.30 Reha Sport 45 Minuten	18.00 Jumping Fitness 45 Minuten			
19.50 Yoga Variation 45 Minuten		18.30 BodyFit HIIT 55 Minuten	19.00 Zumba 60 Minuten			
		19.30 Core X-Press 30 Minuten				

Öffnungszeiten

Mo-Fr:

Sa: 09.30 - 18.00 Uhr

So: 08.30 - 17.00 Uhr