

Übersicht

Kursplan

Uhrzeit	Kursraum	Kinesis / TF	Kursraum	Kinesis / TF	Kursraum	Kinesis / TF	Kursraum	Kinesis / TF	Kursraum	Kinesis / TF	Samstag	Sonntag
	Montag		Dienstag		Mittwoch		Donnerstag		Freitag			
09.00	BodyPump 09.00 - 09.45		Bauch Beine Po 09.00 - 09.45		BodyBalance 09.00 - 09.45		Bauch Beine Po 09.00 - 09.45		Rücken Fit 09.00 - 09.45			
10.00	Reha 10.00 - 10.45		Virtual Virtual	Kinesis 10.00 - 10.45	Virtual Virtual	Reha 10.00 - 10.45	Faszien 10.00 - 11.20	Kinesis 10.00 - 10.45	Reha 10.00 - 10.45		Outdoorfitness 10.00 - 11.00	
11.00	Virtual Virtual	Kinesis 11.00 - 11.45	Pilates 11.00 - 11.45		Reha 11.00 - 11.45		Virtual Virtual		Virtual Virtual	Kinesis 11.00 - 11.45		
12.00	Virtual Virtual		Virtual Virtual		Virtual Virtual		Virtual Virtual		Virtual Virtual		Virtual Virtual	Virtual Virtual
13.00	Virtual Virtual		Virtual Virtual		Virtual Virtual		Virtual Virtual		Virtual Virtual		Virtual Virtual	Virtual Virtual
14.00	Virtual Virtual		Virtual Virtual		Virtual Virtual		Virtual Virtual		Virtual Virtual		Virtual Virtual	Virtual Virtual
15.00	Virtual Virtual		Virtual Virtual		Virtual Virtual		Virtual Virtual		Bauch Beine Po 15.00 - 15.45		Virtual Virtual	Virtual Virtual
16.00	Rücken Fit 16.00 - 16.45	Kinesis 16.30 - 17.15	Reha 16.00 - 16.45		Shuffle Dance 16.30 - 17.15	Kinesis 16.30 - 17.15	Hip-Hop 16.00 - 16.45		BodyPump 16.00 - 16.45			
17.00	Kids Combat 17.00 - 17.45	Functional 17.15 - 18.00	Rücken Xpress 17.00 - 17.30	Deep Work 17.30 - 18.15	BodyPump Xpress 17.15 - 17.45		Reha 17.00 - 17.45		GRIT 17.00 - 17.30	Kinesis 17.00 - 17.45		
18.00	Zumba 18.00 - 19.00	Kinesis 18.15 - 19.00	BodyBalance 17.30 - 18.15		Bauch Beine Po 18.00 - 18.45	Reha 18.00 - 18.45	Rückenfit 18.00 - 18.45		Cycling 18.00 - 18.45	Power Kinesis 18.00 - 18.45		
19.00	BodyPump 19.15 - 20.00	Kinesis 19.15 - 20.00	Zumba 18.30 - 19.15		GRIT 19-19.30 19.15 - 20.00		Deep Work 19.00 - 19.45		Yoga 19.00 - 20.00	Functional 19.00 - 19.45		
20.00	Stretching 20.00 - 20.30		Reha 20-20.45 19.30 - 20.30		Cycling 19.45 - 20.30	Kinesis 19.45 - 20.30	BodyBalance 20.00 - 20.45		Stretching 20.00 - 20.30			

Entspannung

Kraft

Ausdauer

mit Verordnung

☎ 05841 9794880

Montag - Freitag
Samstag & Sonntag

8 - 21.30 Uhr
12 - 16.00 Uhr



FOX-TRAINING.DE
Dein KRAFTWERK in LÜCHOW