

Kursplan

19.08.2019 - 25.08.2019

MOVE-Sportwelt
Willy-Mock-Straße 2
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06421 9262-12
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Montag 19.08.2019	Dienstag 20.08.2019	Mittwoch 21.08.2019	Donnerstag 22.08.2019	Freitag 23.08.2019	Samstag 24.08.2019	Sonntag 25.08.2019
09:00 - 10:00 fle-xx Rücken	09:00 - 10:00 Step	09:00 - 10:00 Workout	09:00 - 10:00 Body Step	09:00 - 10:00 Yoga	11:00 - 12:30 Yoga	11:00 - 12:00 Step
10:00 - 11:00 Cycle - ownzone	10:00 - 11:00 Workout	10:00 - 11:00 Cycling	10:00 - 11:00 Workout	10:00 - 11:00 fle-xx Rücken	16:00 - 17:00 Jumping	12:00 - 13:00 Pilates
17:00 - 18:00 Yoga	17:00 - 18:00 Jumping	17:00 - 18:00 fle-xx Rücken	17:00 - 18:00 Functional Training...	10:00 - 11:00 Cycling	17:00 - 18:00 Workout	17:00 - 18:00 Steeling
18:00 - 19:00 Step	18:00 - 19:00 Functional Training...	18:00 - 19:00 Step	18:00 - 19:00 Pilates	17:00 - 18:00 Steeling		17:00 - 18:00 Cycling
18:00 - 19:00 Cycling	18:00 - 19:00 Cycling	19:00 - 20:00 Workout	19:00 - 20:00 Jumping	18:00 - 19:30 fle-xx Rücken		18:00 - 19:00 Functional Training...
19:00 - 20:00 Pilates	19:00 - 20:30 Steeling meets fle...	19:00 - 20:00 Cycling	19:00 - 20:00 Cycling	19:00 - 20:30 Cycling		
19:00 - 20:00 Cycling		20:00 - 21:30 Yoga	20:00 - 21:00 Steeling	19:30 - 20:30 Lauftreff		

■ Fortgeschrittene...
 ■ Mit Vorkenntniss...
 ■ alle

Stand: 23.08.2019