

Kursplan

18.06.2018 - 24.06.2018

Sport-In Brandenburg
An der Bundesstrasse 1
14776 Brandenburg/Wust
03381 25400
info@sport-in-wust.de



Montag 18.06.2018	Dienstag 19.06.2018	Mittwoch 20.06.2018	Donnerstag 21.06.2018	Freitag 22.06.2018	Samstag 23.06.2018	Sonntag 24.06.2018
09:30 - 10:20 RÜCKENFIT	09:30 - 10:20 RÜCKENFIT	09:30 - 10:20 Fle.xx WBS Gymnasti...	09:30 - 10:20 RÜCKENFIT	09:30 - 10:20 tone		09:30 - 10:20 BODYPUMP
10:30 - 11:20 Fle.xx WBS Gymnasti...	10:30 - 11:20 Fle.xx WBS Gymnasti...	10:30 - 11:20 Fit - Mix / tone	10:30 - 11:20 Fle.xx WBS Gymnasti...	10:30 - 11:20 Rückenfit / BODYBAL...		10:30 - 11:20 Fle.xx WBS Gymnasti...
10:30 - 11:20 Fle.xx WBS Gymnasti...	17:30 - 18:20 ZUMBA	17:00 - 17:50 Fle.xx WBS Gymnasti...	18:00 - 18:50 Fle.xx WBS Gymnasti...	17:00 - 17:50 BODYPUMP		
17:00 - 17:50 RÜCKENFIT	18:30 - 19:20 BODYPUMP	18:00 - 18:50 tone	18:00 - 18:50 LMI STEP	18:15 - 19:05 Fle.xx WBS Gymnasti...		
18:00 - 18:50 AROHA	18:30 - 19:15 Crosstraining expre...	18:40 - 19:10 CXWORX	19:00 - 19:50 tone	19:15 - 20:05 ZUMBA		
18:00 - 18:50 BODYPUMP	19:30 - 20:20 Fle.xx WBS Gymnasti...	19:15 - 20:05 BODYBALANCE	20:00 - 20:50 BODYBALANCE			
19:00 - 19:50 Fle.xx WBS Gymnasti...		19:15 - 20:05 Fle.xx WBS Gymnasti...				
19:00 - 19:50 tone						
20:00 - 20:50 BODYBALANCE						

Ausdauer
 LesMills

Dance & Fun

Figur

Gesundheit

Stand: 23.06.2018