

Kursplan

15.07.2019 - 21.07.2019

Olympia Coswig Fitness
 Weinböhlaer Strasse 31A
 01640 Coswig
 03523 530585
 info@fitness-coswig.de



Montag 15.07.2019	Dienstag 16.07.2019	Mittwoch 17.07.2019	Donnerstag 18.07.2019	Freitag 19.07.2019	Samstag 20.07.2019	Sonntag 21.07.2019
08:15 - 09:00 Wirbelsäule	08:30 - 09:25 Pilates	09:00 - 09:55 BBP	08:15 - 09:00 Bungee-Med	08:30 - 09:25 Wirbelsäule	15:00 - 15:55 Hot Iron Youngstar	10:15 - 11:00 Bungee-Fitness
08:30 - 09:45 Yoga I	09:30 - 10:25 Hot Iron 1	10:00 - 10:45 Bungee-Fitness	09:00 - 09:55 Hot Iron System	09:30 - 10:25 Wirbelsäule		17:30 - 18:25 Hot Iron System
09:00 - 09:45 Wirbelsäule	09:30 - 10:00 Ballance	17:45 - 18:30 Bungee-Fitness	09:15 - 10:30 Yoga I	18:00 - 18:55 Zumba		
09:45 - 10:30 Wirbelsäule	10:00 - 11:00 LNB	18:30 - 19:15 Bungee-Med	10:15 - 11:00 Indoor Cycling	18:00 - 19:15 Yoga		
10:00 - 11:00 LNB	17:45 - 19:00 Yoga I	19:00 - 19:55 Indoor Cycling	18:00 - 18:55 Indoor Cycling	19:00 - 19:55 Hot Iron System		
17:30 - 18:00 Ballance	18:00 - 18:55 Wirbelsäule	19:30 - 21:00 Yoga II	18:00 - 18:55 Hot Iron 1			
18:00 - 18:55 Pilates	19:00 - 19:55 Zumba	20:00 - 20:55 Hot Iron System	18:00 - 18:45 LNB			
18:00 - 18:45 Bungee-Fitness	19:15 - 20:10 Qi Gong/Tai Chi		19:00 - 19:55 Deep Work			
19:00 - 19:55 Deep Work			19:00 - 20:00 LNB			
19:00 - 19:55 Indoor Cycling			20:00 - 20:55 Pilates			
19:00 - 20:15 Yoga I						

- Abnehmen
- Anti-Stress
- Ausdauer
- Figur
- Rücken

Stand: 16.07.2019