FITNESS-STUDIO SATRUP SUNSET fit

Telefon: 04633 / 966333

Kursplan ab 01/2017

Zeit	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2
09:00												
					09:30 - 10:30 Fatburn Workout		09:40 - 10:25 Reha					
10:00												
							10:30 - 11:35 Natur Moves					
16:00												
			16:10 - 16:55 Reha									
17:00												
			17:00 - 18:05 Natur Moves									
18:00	18:00 - 19:00 Pump				18:00 - 19:00 Cross Fit					18:05 - 19:05 Indoor Cycling		
			18:15 - 19:20 Natur Moves									
19:00	19:00 - 20:00 Fatburn Workout	19:05 - 20:05 Indoor Cycling				19:00 - 20:00 Indoor Cycling						
			19:30 - 20:30 Natural Moves									
20:00												