

Kursplan

21.01.2019 - 27.01.2019

HOUSE OF SPORTS
Orchideenstr. 18
90542 Eckental/Brand
09126 8887
info@houseofsports.de



Montag 21.01.2019	Dienstag 22.01.2019	Mittwoch 23.01.2019	Donnerstag 24.01.2019	Freitag 25.01.2019	Samstag 26.01.2019	Sonntag 27.01.2019
09:00 - 09:45 FT-Powerworkout	08:00 - 09:00 Reha Sport	09:00 - 10:00 Rücken Aktiv	09:00 - 09:45 FT-Mobility	09:00 - 10:00 Bodystyling	10:00 - 11:00 Zumba	
10:00 - 11:00 Pilates & Relax	09:00 - 09:45 FT-Mobility	10:00 - 10:45 FT-Fatburner	17:30 - 18:30 Reha Sport	10:00 - 11:00 Yoga	11:00 - 11:45 FT-Fatburner	
11:00 - 12:00 Reha Sport	10:00 - 10:45 FT-Fatburner	16:30 - 17:30 Hip Dance Moves Kid...	18:30 - 19:30 Zumba	11:00 - 12:00 Reha Sport		
18:00 - 19:00 Dance Aerobic	16:30 - 17:30 Hip Dance Moves Min...	17:30 - 18:30 Reha Sport	19:30 - 20:15 TRX Workout	15:00 - 16:00 Hip Dance Moves Kid...		
18:00 - 18:45 FT-Mobility	17:30 - 18:30 Hip Dance Moves Tee...	18:30 - 19:30 Bodystyling		16:00 - 17:00 Hip Dance Moves Jun...		
19:00 - 20:00 Bodystyling	18:30 - 19:30 Reha Sport	19:30 - 20:30 Yoga		17:00 - 18:00 Hip Dance Moves Pro...		
	19:00 - 19:45 FT-Powerworkout			18:00 - 18:45 FT-Fatburner		
	19:30 - 20:30 Pilates & Relax			18:00 - 19:00 Hip Dance Moves Tee...		
				19:00 - 19:30 Faszienworkout		

Fitnessstraining

 Funktionstrainin...

 Hip Dance Moves*...

 Reha Sport*

Stand: 22.01.2019