

Kursplan

15.10.2018 - 21.10.2018

Impuls Fitnessclub
Bremer Heerstraße 424
26135 Oldenburg
0441 9989900
info@fit-in-oldenburg.de



Montag 15.10.2018	Dienstag 16.10.2018	Mittwoch 17.10.2018	Donnerstag 18.10.2018	Freitag 19.10.2018	Samstag 20.10.2018	Sonntag 21.10.2018
09:00 - 10:00 Bauch - Beine - Po*...	07:30 - 08:30 Pilates*	09:00 - 10:00 LMI STEP	09:00 - 10:00 Bodyforming	09:00 - 10:00 BODY BALANCE	16:00 - 17:00 Spinning II (vom 1....	10:45 - 11:45 Spinning II
10:15 - 11:15 Rückenfit*	09:00 - 10:00 BODYPUMP	10:15 - 11:15 Vinyasa Power Yoga*...	09:00 - 10:00 Spinning I	09:30 - 10:00 TRX® Suspension Tra...		11:00 - 12:00 BODYPUMP
17:30 - 18:00 Bauch Spezial*	10:15 - 11:15 Fit ab 50*	17:00 - 18:00 Yoga für Einsteiger...	10:15 - 11:15 Fit ab 50*	10:15 - 11:15 Rückgrat*		
17:45 - 18:45 Rückenfit*	17:45 - 18:45 Bauch - Beine - Po*...	18:15 - 19:00 Rückenfit*	17:00 - 17:30 TRX® Suspension Tra...	17:15 - 18:15 Bauch - Beine - Po*...		
18:15 - 19:15 Pilates*	18:15 - 19:15 Spinning I	18:15 - 19:15 Spinning I	17:45 - 18:45 BODYPUMP	18:15 - 19:15 Spinning I		
18:15 - 19:15 Spinning II	19:00 - 20:00 BODYPUMP	19:15 - 20:15 Zumba	17:45 - 18:45 Pilates*	18:30 - 19:30 BODYPUMP		
19:00 - 20:00 LMI STEP	19:30 - 20:30 Spinning II		18:15 - 19:15 Spinning II			
19:45 - 20:15 TRX® Suspension Tra...	20:15 - 21:15 BODY BALANCE		19:00 - 19:30 TRX® Suspension Tra...			
20:15 - 21:15 BODYPUMP			19:45 - 20:45 Vinyasa Power Yoga*...			

- Ausdauer
- Dance & Fun
- Entspannung
- Figur
- Gesundheit
- Kraft

Stand: 21.10.2018