

Kursplan: Trainingsfläche

01.06.2020 - 07.06.2020

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



Montag 01.06.2020	Dienstag 02.06.2020	Mittwoch 03.06.2020	Donnerstag 04.06.2020	Freitag 05.06.2020	Samstag 06.06.2020	Sonntag 07.06.2020
08:00 - 09:15 Training	08:00 - 09:15 Training	08:00 - 09:15 Training	08:00 - 09:15 Training	08:00 - 09:15 Training	09:00 - 10:15 Training	09:00 - 10:15 Training
09:30 - 10:45 Training	09:30 - 10:45 Training	09:30 - 10:45 Training	09:30 - 10:45 Training	09:30 - 10:45 Training	10:30 - 11:45 Training	10:30 - 11:45 Training
11:00 - 12:15 Training	11:00 - 12:15 Training	11:00 - 12:15 Training	11:00 - 12:15 Training	11:00 - 12:15 Training	12:00 - 13:15 Training	12:00 - 13:15 Training
12:30 - 13:45 Training	12:30 - 13:45 Training	12:30 - 13:45 Training	12:30 - 13:45 Training	12:30 - 13:45 Training	13:30 - 14:45 Training	13:30 - 14:45 Training
14:00 - 15:15 Training	14:00 - 15:15 Training	14:00 - 15:15 Training	14:00 - 15:15 Training	14:00 - 15:15 Training	15:00 - 16:15 Training	15:00 - 16:15 Training
15:30 - 16:45 Training	15:30 - 16:45 Training	15:30 - 16:45 Training	15:30 - 16:45 Training	15:30 - 16:45 Training	16:30 - 17:45 Training	16:30 - 17:45 Training
17:00 - 18:15 Training	17:00 - 18:15 Training	17:00 - 18:15 Training	17:00 - 18:15 Training	17:00 - 18:15 Training	18:00 - 19:00 Training	18:00 - 19:00 Training
18:30 - 19:45 Training	18:30 - 19:45 Training	18:30 - 19:45 Training	18:30 - 19:45 Training	18:30 - 19:45 Training		
20:00 - 21:15 Training	20:00 - 21:15 Training	20:00 - 21:15 Training	20:00 - 21:15 Training	20:00 - 21:15 Training		

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

Stand: 02.06.2020