

Kursplan: Medical Vital Lounge

24.01.2022 - 30.01.2022

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

impuls
fit und gesund

Montag 24.01.2022	Dienstag 25.01.2022	Mittwoch 26.01.2022	Donnerstag 27.01.2022	Freitag 28.01.2022	Samstag 29.01.2022	Sonntag 30.01.2022
08:00 - 08:30 Vacustyler	07:00 - 07:30 Vacustyler	08:00 - 08:30 Vacustyler	07:00 - 07:30 Vacustyler	08:00 - 08:30 Vacustyler	09:00 - 09:30 Vacustyler	09:00 - 09:30 Vacustyler
08:30 - 09:00 Vacustyler	07:30 - 08:00 Vacustyler	08:30 - 09:00 Vacustyler	07:30 - 08:00 Vacustyler	08:30 - 09:00 Vacustyler	09:30 - 10:00 Vacustyler	09:30 - 10:00 Vacustyler
09:00 - 09:30 Vacustyler	08:00 - 08:30 Vacustyler	09:00 - 09:30 Vacustyler	08:00 - 08:30 Vacustyler	09:00 - 09:30 Vacustyler	10:00 - 10:30 Vacustyler	10:00 - 10:30 Vacustyler
09:30 - 10:00 Vacustyler	08:30 - 09:00 Vacustyler	09:30 - 10:00 Vacustyler	08:30 - 09:00 Vacustyler	09:30 - 10:00 Vacustyler	10:30 - 11:00 Vacustyler	10:30 - 11:00 Vacustyler
10:00 - 10:30 Vacustyler	09:00 - 09:30 Vacustyler	10:00 - 10:30 Vacustyler	09:00 - 09:30 Vacustyler	10:00 - 10:30 Vacustyler	11:00 - 11:30 Vacustyler	11:00 - 11:30 Vacustyler
10:30 - 11:00 Vacustyler	09:30 - 10:00 Vacustyler	10:30 - 11:00 Vacustyler	09:30 - 10:00 Vacustyler	10:30 - 11:00 Vacustyler	11:30 - 12:00 Vacustyler	11:30 - 12:00 Vacustyler
11:00 - 11:30 Vacustyler	10:00 - 10:30 Vacustyler	11:00 - 11:30 Vacustyler	10:00 - 10:30 Vacustyler	11:00 - 11:30 Vacustyler	12:00 - 12:30 Vacustyler	12:00 - 12:30 Vacustyler
11:30 - 12:00 Vacustyler	10:30 - 11:00 Vacustyler	11:30 - 12:00 Vacustyler	10:30 - 11:00 Vacustyler	11:30 - 12:00 Vacustyler	12:30 - 13:00 Vacustyler	12:30 - 13:00 Vacustyler
12:00 - 12:30 Vacustyler	11:00 - 11:30 Vacustyler	12:00 - 12:30 Vacustyler	11:00 - 11:30 Vacustyler	12:00 - 12:30 Vacustyler	13:00 - 13:30 Vacustyler	13:00 - 13:30 Vacustyler
12:30 - 13:00 Vacustyler	11:30 - 12:00 Vacustyler	12:30 - 13:00 Vacustyler	11:30 - 12:00 Vacustyler	12:30 - 13:00 Vacustyler	13:30 - 14:00 Vacustyler	13:30 - 14:00 Vacustyler
13:00 - 13:30 Vacustyler	12:00 - 12:30 Vacustyler	13:00 - 13:30 Vacustyler	12:00 - 12:30 Vacustyler	13:00 - 13:30 Vacustyler	14:00 - 14:30 Vacustyler	14:00 - 14:30 Vacustyler

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

Stand: 25.01.2022

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13:30 - 14:00 Vacustyler	12:30 - 13:00 Vacustyler	13:30 - 14:00 Vacustyler	12:30 - 13:00 Vacustyler	13:30 - 14:00 Vacustyler	14:30 - 15:00 Vacustyler	14:30 - 15:00 Vacustyler
14:00 - 14:30 Vacustyler	13:00 - 13:30 Vacustyler	14:00 - 14:30 Vacustyler	13:00 - 13:30 Vacustyler	14:00 - 14:30 Vacustyler	15:00 - 15:30 Vacustyler	15:00 - 15:30 Vacustyler
14:30 - 15:00 Vacustyler	13:30 - 14:00 Vacustyler	14:30 - 15:00 Vacustyler	13:30 - 14:00 Vacustyler	14:30 - 15:00 Vacustyler	15:30 - 16:00 Vacustyler	15:30 - 16:00 Vacustyler
15:00 - 15:30 Vacustyler	14:00 - 14:30 Vacustyler	15:00 - 15:30 Vacustyler	14:00 - 14:30 Vacustyler	15:00 - 15:30 Vacustyler	16:00 - 16:30 Vacustyler	16:00 - 16:30 Vacustyler
15:30 - 16:00 Vacustyler	14:30 - 15:00 Vacustyler	15:30 - 16:00 Vacustyler	14:30 - 15:00 Vacustyler	15:30 - 16:00 Vacustyler	16:30 - 17:00 Vacustyler	16:30 - 17:00 Vacustyler
16:00 - 16:30 Vacustyler	15:00 - 15:30 Vacustyler	16:00 - 16:30 Vacustyler	15:00 - 15:30 Vacustyler	16:00 - 16:30 Vacustyler	17:00 - 17:30 Vacustyler	17:00 - 17:30 Vacustyler
16:30 - 17:00 Vacustyler	15:30 - 16:00 Vacustyler	16:30 - 17:00 Vacustyler	15:30 - 16:00 Vacustyler	16:30 - 17:00 Vacustyler	17:30 - 18:00 Vacustyler	17:30 - 18:00 Vacustyler
17:00 - 17:30 Vacustyler	16:00 - 16:30 Vacustyler	17:00 - 17:30 Vacustyler	16:00 - 16:30 Vacustyler	17:00 - 17:30 Vacustyler	18:00 - 18:30 Vacustyler	18:00 - 18:30 Vacustyler
17:30 - 18:00 Vacustyler	16:30 - 17:00 Vacustyler	17:30 - 18:00 Vacustyler	16:30 - 17:00 Vacustyler	17:30 - 18:00 Vacustyler	18:30 - 19:00 Vacustyler	18:30 - 19:00 Vacustyler
18:00 - 18:30 Vacustyler	17:00 - 17:30 Vacustyler	18:00 - 18:30 Vacustyler	17:00 - 17:30 Vacustyler	18:00 - 18:30 Vacustyler		
18:30 - 19:00 Vacustyler	17:30 - 18:00 Vacustyler	18:30 - 19:00 Vacustyler	17:30 - 18:00 Vacustyler	18:30 - 19:00 Vacustyler		

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19:00 - 19:30 Vacustyler	18:00 - 18:30 Vacustyler	19:00 - 19:30 Vacustyler	18:00 - 18:30 Vacustyler	19:00 - 19:30 Vacustyler		
19:30 - 20:00 Vacustyler	18:30 - 19:00 Vacustyler	19:30 - 20:00 Vacustyler	18:30 - 19:00 Vacustyler	19:30 - 20:00 Vacustyler		
20:00 - 20:30 Vacustyler	19:00 - 19:30 Vacustyler	20:00 - 20:30 Vacustyler	19:00 - 19:30 Vacustyler	20:00 - 20:30 Vacustyler		
20:30 - 21:00 Vacustyler	19:30 - 20:00 Vacustyler	20:30 - 21:00 Vacustyler	19:30 - 20:00 Vacustyler	20:30 - 21:00 Vacustyler		
21:00 - 21:30 Vacustyler	20:00 - 20:30 Vacustyler	21:00 - 21:30 Vacustyler	20:00 - 20:30 Vacustyler	21:00 - 21:30 Vacustyler		
	20:30 - 21:00 Vacustyler		20:30 - 21:00 Vacustyler			
	21:00 - 21:30 Vacustyler		21:00 - 21:30 Vacustyler			
	21:30 - 22:00 Vacustyler		21:30 - 22:00 Vacustyler			

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