

# Kursplan: Kursraum

20.01.2020 - 26.01.2020

gültig ab 29.10.2018

Life Fitness Club  
Lochweg 22b  
97318 Kitzingen  
09321 38 26 60  
info@lifefit.de



Montag 20.01.2020	Dienstag 21.01.2020	Mittwoch 22.01.2020	Donnerstag 23.01.2020	Freitag 24.01.2020	Samstag 25.01.2020	Sonntag 26.01.2020
09:45 - 10:30 Fit in 45 min	09:30 - 10:15 Rücken Aktiv	09:10 - 09:30 Fit am Morgen	09:30 - 10:15 Complex Core	09:30 - 10:30 Pilates		10:00 - 11:00 Indoor Cycling
10:30 - 11:00 BALLance	10:15 - 10:45 Dehnen	09:45 - 10:30 Feel good	10:15 - 10:45 BALLance	10:00 - 11:00 \$20 Milon		
11:00 - 11:20 Fit am Morgen	17:30 - 18:20 Wirbelsäulen Gymnas...	10:00 - 11:00 \$20 Milon	17:30 - 18:00 Fit am Abend	10:30 - 11:00 Dehnen		
18:00 - 19:00 Surprise	18:00 - 19:00 \$20 Rückenschule	10:30 - 11:15 Faszientraining	18:00 - 19:00 \$20 Rückenschule	17:30 - 18:30 Indoor Cycling		
19:00 - 19:45 Xco	18:30 - 19:30 Indoor Cycling	17:15 - 18:00 Functional Training...	19:00 - 20:00 BODY ART	18:40 - 19:40 Faszientraining		
19:05 - 19:25 Fit am Abend	19:00 - 20:00 \$20 Milon	18:30 - 19:30 Aroha	19:00 - 20:00 \$20 Milon	19:50 - 20:35 Functional Training...		
19:45 - 20:30 BALLance	20:10 - 21:10 \$20 BALLance		20:10 - 21:10 \$20 BALLance			
20:15 - 21:30 Yin Yoga						

- Ausdauer
- Body & Mind
- Functional Train...
- Intensivbetreun...
- Kraft

Stand: 20.01.2020