

Kursplan

20.08.2018 - 26.08.2018

Lieser - mehr als nur Fitness
 Industriestrasse 22
 67141 Neuhofen
 06236 / 49 64 999
 info@lieser-fitness.de



| Montag 20.08.2018 | Dienstag 21.08.2018 | Mittwoch 22.08.2018 | Donnerstag 23.08.2018 | Freitag 24.08.2018 | Samstag 25.08.2018 | Sonntag 26.08.2018 |
|--|---|--|--|--|--|---|
| 08:15 - 09:00 Reha Mandy | 08:30 - 09:15 Reha PLUS PILATES Mandy | 08:15 - 09:00 Reha Mandy | 08:15 - 09:00 Reha Mandy | 08:15 - 09:15 Wirbelsäulengymnast... Jean-Philippe | 08:45 - 09:45 Indoor Cycling Stephan | 10:00 - 11:00 Vito's Dance Victor |
| 09:30 - 10:30 Workout Victor | 09:30 - 10:30 Vito's Dance Victor | 09:30 - 10:30 Rücken Vital Power Jean-Philippe | 09:30 - 10:30 Vito's Dance Victor | 09:30 - 10:30 Rücken Vital Power ... Jean-Philippe | 10:00 - 11:00 Vito's Dance Victor | 10:15 - 10:45 TRX Artjom |
| 10:30 - 11:30 Yoga Sandra | 10:30 - 11:30 Balance Strech & Re... Sandra | 10:45 - 11:45 Total Body Conditio... Victor | 10:30 - 11:30 Pilates Sandra H.-P. | 10:45 - 11:45 Vito's Dance Victor | 10:15 - 10:45 TRX Artjom | 11:00 - 12:00 Workout, Stretch & ... Dagmar |
| 11:00 - 11:45 Reha PLUS Mobility ... Mandy | 10:45 - 11:30 Reha Evelyn | 12:00 - 12:45 Reha Evelyn | 10:45 - 11:30 Reha Mandy | 10:45 - 11:30 Reha PLUS Fit & Akt... Mandy | 11:15 - 12:15 Workout Victor | 11:00 - 11:30 Zirkel Turm Artjom |
| 11:45 - 12:30 Reha PLUS (Alle 2 W... Lesia | 17:00 - 17:45 Reha Evelyn | 13:00 - 13:45 Reha Mandy | 11:45 - 12:30 Reha Lesia | 13:00 - 13:45 Reha Mandy | | 12:15 - 13:30 YIN Yoga / 14-tägig... Dagmar |
| 17:15 - 18:15 Rücken Vital Power Jean-Philippe | 18:00 - 19:00 Body Art Janni | 18:00 - 19:00 Zumba Marcel | 17:45 - 18:15 Faszientraining | 17:00 - 17:45 Reha Mandy | | |
| 18:15 - 19:15 Indoor-Cycling Gert | 18:00 - 18:30 TRX Artjom | 18:00 - 18:30 TRX Artjom | 18:00 - 19:00 Wirbelsäulengymnast... Jean-Philippe | 17:30 - 18:30 Body & Mind Flow Sandra | | |
| 18:30 - 19:00 TRX | 18:00 - 19:00 Indoor Cycling Gert | 18:45 - 19:15 Zirkel Turm Artjom | 18:00 - 18:30 TRX Artjom | 18:00 - 19:15 Power Boxing Karl | | |
| 19:00 - 19:45 Zirkel Turm Artjom | 18:45 - 19:15 Zirkel Turm Artjom | 19:00 - 20:15 Hatha Yoga Dagmar | 18:30 - 19:30 Pilates Dagmar | 19:30 - 20:30 Vito's Dance Victor | | |
| 19:15 - 20:15 Embodied Flow™ Insp... Sandra | 19:15 - 20:15 Zumba Marcel | 20:15 - 21:15 Vito's Dance Victor | 19:00 - 19:30 Zirkel Turm Artjom | | | |
| 19:30 - 20:15 Reha Evelyn | 20:15 - 21:15 Vito's Dance Victor | | 19:30 - 20:30 Step4all NEU ab 19... Tina | | | |

- Ausdauer
- Dance & Fun
- Figur und Gesund...
- Kraft
- Rehasport

Stand: 20.08.2018

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|--|---------------------|---------------------|-----------------------|--------------------|--------------------|--------------------|
| <div data-bbox="114 375 369 454" style="background-color: yellow; padding: 5px;">20:15 - 21:15 Vito's Dance Victor</div> | | | | | | |

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