

Kursplan

03.12.2018 - 09.12.2018

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





Montag 03.12.2018	Dienstag 04.12.2018	Mittwoch 05.12.2018	Donnerstag 06.12.2018	Freitag 07.12.2018	Samstag 08.12.2018	Sonntag 09.12.2018
08:15 - 09:00 Reha-Sport-Gruppe 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 Faszien W... Mandy	10:45 - 11:30 Reha Mandy	12:00 - 12:45 Reha Mandy	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	11:45 - 12:30 Reha Lesia	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	17:00 - 17:45 Reha Lesia	18:00 - 19:00 Zumba Marcel	17:30 - 18:15 Faszientraining	17:00 - 17:45 Reha Mandy		
18:15 - 19:15 Indoor-Cycling Gert	18:00 - 19:00 Body Art Janni	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 - 18:30 TRX Artjom	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	18:00 - 19:00 Indoor Cycling Gert	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	18:45 - 19:15 Zirkel Turm Artjom	20:15 - 21:15 Vito's Dance Victor	19:00 - 19:30 Zirkel Turm Artjom			
19:30 - 20:15 Reha Evelyn	19:15 - 20:15 Zumba Marcel		19:30 - 20:30 Step4all NEU ab 19... Tina			

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

Stand: 09.12.2018

Montag 03.12.2018	Dienstag 04.12.2018	Mittwoch 05.12.2018	Donnerstag 06.12.2018	Freitag 07.12.2018	Samstag 08.12.2018	Sonntag 09.12.2018
<p>20:15 - 21:15 Vito's Dance Victor</p>	<p>20:15 - 21:15 Vito's Dance Victor</p>					

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