

Kursplan

11.12.2017 - 17.12.2017

Ars Vivendi
 Havelplatz 1-5
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 info@ArsVivendi-Fitness.de



Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
08:15 - 09:00 Rehasport	08:45 - 09:30 Rücken Fit	08:15 - 09:00 Rehasport	09:15 - 10:00 PZG	08:15 - 09:00 Rehasport		10:15 - 11:00 Yoga
10:00 - 10:45 PZG	09:30 - 10:15 OsteoFit	10:00 - 10:45 OsteoFit	10:00 - 10:45 Pilates	10:00 - 10:45 Stretch & Relax		11:00 - 11:20 Bauch Xpress
10:45 - 11:30 Rücken Fit	10:30 - 11:15 Rehasport	10:45 - 11:30 Stretch & Relax	10:45 - 11:30 Rücken Fit	10:45 - 11:30 Rücken Fit		
17:00 - 17:45 Rücken Fit	17:30 - 18:15 Bodyshape	11:30 - 12:15 Rehasport	12:00 - 12:45 Rehasport	16:00 - 16:45 Rehasport		
18:00 - 18:45 Cardio Workout	18:15 - 19:00 Fatburner	11:30 - 12:15 Rehasport	17:30 - 18:15 Rücken Fit	18:00 - 19:00 Zumba		
18:45 - 19:30 Rehasport	19:00 - 19:20 Bauch Xpress	17:45 - 18:30 Cardio Workout	18:15 - 19:15 Functional Workout	19:00 - 19:45 Rücken Fit		
	19:30 - 20:30 Functional Workout	18:30 - 18:50 Bauch Xpress	19:30 - 20:15 Yoga			
		19:00 - 20:00 Selbstverteidigung				
		20:00 - 20:45 Rehasport				

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

Stand: 14.12.2017