



Kursplan

20.03.2023 - 26.03.2023

SCS Sportcenter Suhl
Schneekopfstraße 78
98528 Suhl
03681 49980
sportcenter-suhl@gmx.de



Montag 20.03.2023	Dienstag 21.03.2023	Mittwoch 22.03.2023	Donnerstag 23.03.2023	Freitag 24.03.2023	Samstag 25.03.2023	Sonntag 26.03.2023
08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness
08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness
08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness
08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness
08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	08:00 - 09:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness
09:00 - 09:50 Rückengym	09:00 - 09:50 Rückengym	08:00 - 09:00 Fitness	09:00 - 09:50 Rückengym	08:00 - 09:00 Fitness	10:00 - 11:00 Fitness	11:00 - 12:00 Fitness
09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 09:50 Rückengym	09:00 - 10:00 Fitness	09:00 - 09:50 Rückengym	10:00 - 11:00 Fitness	11:00 - 12:00 Fitness
09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	10:00 - 11:00 Fitness	11:00 - 12:00 Fitness
09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	10:00 - 11:00 Fitness	11:00 - 12:00 Fitness
09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	10:30 - 11:30 Dance Step	11:00 - 12:00 Fitness
09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness		11:00 - 12:00 Fitness

-  Ausdauer
-  Dance & Fun
-  Figurtraining
-  Functional Train...
-  Körper & Entspan...
-  Rückentraining
-  Trainingsfläche
-  Verwendung Slim ...




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09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness
09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness
09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	09:00 - 10:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness
10:00 - 11:00 Fitness	10:00 - 10:50 Rückengym	09:00 - 10:00 Fitness	10:00 - 10:50 Rückengym	09:00 - 10:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness
10:00 - 11:00 Fitness	10:00 - 10:30 Easyline Zirkel 	10:00 - 10:50 Spinning 	10:00 - 10:30 Easyline Zirkel 	10:00 - 10:50 Yoga Balance	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness
10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 10:50 Yoga Balance	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness
10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness
10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness
10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness
10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness
10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness
10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness

-  Ausdauer
-  Dance & Fun
-  Figurtraining
-  Functional Train...
-  Körper & Entspan...
-  Rückentraining
-  Trainingsfläche
-  Verwendung Slim ...

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11:00 - 12:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness
11:00 - 12:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	10:00 - 11:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness
11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	10:00 - 11:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness
11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 11:50 Taichi - Qigong	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness
11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness
11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness
11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness
11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness
12:00 - 13:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness
12:00 - 13:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	11:00 - 12:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness
12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness

-  Ausdauer
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-  Figurtraining
-  Functional Train...
-  Körper & Entspan...
-  Rückentraining
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12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	11:00 - 12:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness
12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness
12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness
12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness
12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness
12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	14:00 - 15:00 Fitness	
13:00 - 14:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	12:00 - 13:00 Fitness	14:00 - 15:00 Fitness	
13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness	
13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	12:00 - 13:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness	
13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness	
13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness	

- Ausdauer
- Dance & Fun
- Figurtraining
- Functional Train...
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- Rückentraining
- Trainingsfläche
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13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness		
13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness		
13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness		
14:00 - 15:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness	13:00 - 14:00 Fitness		
14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		
14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	13:00 - 14:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		
14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		
14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		
14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		
14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		
14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		
14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		
14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		
14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		

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15:00 - 16:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness	14:00 - 15:00 Fitness		
15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	14:00 - 15:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness		
15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	14:00 - 15:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness		
15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness		
15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness		
15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness		
15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness		
15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness		
16:00 - 16:50 Pilates	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness	15:00 - 16:00 Fitness		
16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	15:00 - 16:00 Fitness	16:00 - 17:00 Fitness	16:00 - 16:50 Pilates		
16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	15:00 - 16:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness		

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16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 16:50 Rückengym	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness		
16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness		
16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness		
16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness		
16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness		
16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness		
17:00 - 17:50 Bauch-Beine-Po	17:00 - 17:50 Yoga Balance	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness		
17:00 - 18:00 Fitness	17:00 - 17:50 Intervall	16:00 - 17:00 Fitness	16:00 - 17:00 Fitness	17:00 - 18:00 Fitness		
17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	16:00 - 17:00 Fitness	17:00 - 17:50 Yoga Flow	17:00 - 18:00 Fitness		
17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 17:50 Bauch-Beine-Po	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness		
17:00 - 18:00 Fitness	17:00 - 18:00 Fitness		17:00 - 18:00 Fitness	17:00 - 18:00 Fitness		

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17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 17:50 Jumping Tina 	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness		
17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness		
17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness		
17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness		
18:00 - 18:50 Dance Step 	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness		
18:00 - 19:00 Fitness	18:00 - 18:50 Rückengym 	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	18:00 - 19:10 Spinning Le Tortour... 		
18:00 - 19:00 Fitness	18:00 - 18:50 Jumping Nancy 	17:00 - 18:00 Fitness	17:00 - 18:00 Fitness	18:00 - 19:00 Fitness		
18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	17:00 - 18:00 Fitness	18:00 - 18:50 Zumba 	18:00 - 19:00 Fitness		
18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	17:00 - 18:00 Fitness	18:00 - 18:50 Jumping Shadow Boxi... 	18:00 - 19:00 Fitness		
18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	18:00 - 18:50 Step & Fun 	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness		
18:00 - 19:00 Fitness	18:00 - 19:00 Fitness			18:00 - 19:00 Fitness		

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18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness		
18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness		
19:00 - 19:50 Jumping Franziska	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness		
19:00 - 20:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	19:00 - 19:50 Jumping Christin		
19:00 - 20:00 Fitness	19:00 - 19:50 Rückengym	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	19:00 - 20:00 Fitness		
19:00 - 20:00 Fitness	19:00 - 20:00 Spinning Speedster 	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	19:00 - 20:00 Fitness		
19:00 - 20:00 Fitness	19:00 - 20:00 Fitness	18:00 - 19:00 Fitness	18:00 - 19:00 Fitness	19:00 - 20:00 Fitness		
19:00 - 20:00 Fitness	19:00 - 20:00 Fitness	18:00 - 19:00 Fitness	18:15 - 19:05 Strong 	19:00 - 20:00 Fitness		
19:00 - 20:00 Fitness	19:00 - 20:00 Fitness	18:00 - 19:00 Fitness	19:00 - 19:50 Jumping Franziska 	19:00 - 20:00 Fitness		
19:00 - 20:00 Fitness	19:00 - 20:00 Fitness	19:00 - 19:50 Yogilates	19:00 - 19:50 Spinning Oldie Kist... 	19:00 - 20:00 Fitness		
19:00 - 20:00 Fitness	19:00 - 20:00 Fitness	19:00 - 19:50 BodyZone 				

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Montag 20.03.2023	Dienstag 21.03.2023	Mittwoch 22.03.2023	Donnerstag 23.03.2023	Freitag 24.03.2023	Samstag 25.03.2023	Sonntag 26.03.2023
<p>20:00 - 20:50 Zumba </p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p>	<p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>20:00 - 20:50 Zumba </p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p>	<p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>20:00 - 20:50 Bauch-Beine-Po</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p>	<p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p>	<p>19:00 - 20:00 Fitness</p> <p>19:10 - 20:00 Spinning Slow Motio... </p> <p>20:00 - 20:50 Zumba </p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p>		

-  Ausdauer
-  Dance & Fun
-  Figurtraining
-  Functional Train...
-  Körper & Entspan...
-  Rückentraining
-  Trainingsfläche
-  Verwendung Slim ...

Stand: 26.03.2023

Kursplan

20.03.2023 - 26.03.2023

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	20:00 - 21:00 Fitness	20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness	20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness	20:00 - 21:00 Fitness		

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Stand: 26.03.2023