



KURSPLAN

25.05.2018 - 01.06.2018

LifeStyle Fitness Rellingen
Hauptstr. 39
25462 Rellingen

Fon: 04101 - 808944
www.fitnessallianz.de

BL = Bodylounge
LS = LifeStyle
Re = Rehasportverein Rellingen

Montag

9:15	Fatburner & Bauch (60 Min.)	LS
10:15	Spinbike Gold (60 Min.)	LS
10:15	Yoga & Entspannung (75 Min.)	BL
16:15	Reha Soft (45 Min.)	LS
17:10	Reha Fit (45 Min.)	LS
17:45	Fasczien in Bewegung (45 Min.)	BL
18:00	Power-Step (60 Min.)	LS
18:30	Fasczien in Bewegung (45 Min.)	BL
19:00	Hot Iron 1 (60 Min.)	LS
19:30	Power Yoga (70 Min.)	BL
20:00	WBS-Fit (60 Min.)	LS

Dienstag

9:15	Hot Iron 1 (60 Min.)	LS
10:15	WBS (60 Min.)	LS
16:30	Stage Kids (120 Min.)	LS
16:30	Reha Rücken (45 Min.)	BL
17:30	Reha Rücken (45 Min.)	BL
18:30	Rückengymnastik (60 Min.)	LS
19:30	Spinbike Plus (90 Min.)	LS
19:30	Bodyforming (60 Min.)	BL

Mittwoch

9:15	BBPRücken (60 Min.)	LS
10:15	Yoga & Entspannung (90 Min.)	BL
10:15	WBS-Soft (60 Min.)	LS
11:15	Reha Feminin Aktiv (45 Min.)	LS
17:25	Bauch total (30 Min.)	LS
18:00	Spinbike (60 Min.)	LS
19:00	Zumba (60 Min.)	LS
19:00	Männer-Yoga (75 Min.)	BL
20:00	Hot Iron 1 (60 Min.)	LS

Donnerstag

8:15	Soft-Gym (60 Min.)	LS
9:15	Bodyforming (60 Min.)	LS
10:15	Reha Rücken (45 Min.)	BL
10:20	WBS-Fit (60 Min.)	LS
11:15	Reha Rücken (45 Min.)	BL
17:15	Bauch Beine Po (60 Min.)	LS
18:30	Pump and Burn (75 Min.)	LS
18:45	Pilates (60 Min.)	BL
20:00	Yoga (90 Min.)	BL

Freitag

9:15	Pilates (55 Min.)	LS
10:15	Zumba Gold (60 Min.)	LS
15:00	Hip Hop 8-11 Jahre (60 Min.)	LS
16:00	Hip Hop 11-13 Jahre (60 Min.)	BL
16:30	KISI (60 Min.)	LS
17:00	Hip Hop 14-20 Jahre (60 Min.)	BL
17:45	Spinbike (60 Min.)	LS

Samstag

10:30	Hot Iron 2 (55 Min.)	LS
11:30	Stage Kids (60 Min.)	BL
12:30	Stage Kids (120 Min.)	BL
12:30	Stage Kids (120 Min.)	LS
14:30	Stage Kids (60 Min.)	LS

Sonntag

10:15	Zumba (60 Min.)	LS
12:30	Spinbike (90 Min.)	LS