



KURSPLAN

19.09.2019 - 26.09.2019

LifeStyle Fitness Uetersen
Franz-Krucken-Str. 7-11
25436 Uetersen

Fon: 04122 - 44 2 44
www.fitnessallianz.de

BL = Bodylounge
LS = LifeStyle
O = Outddoor

Montag

9:15	Bodyforming (60 Min.)	LS
10:15	Pilates (60 Min.)	LS
16:30	Reha Rücken (45 Min.)	LS
17:30	Spinbike (60 Min.)	LS
18:30	Langhantel (60 Min.)	LS
19:30	Power Yoga (90 Min.)	LS

Dienstag

9:15	Pilates meets BBPo (60 Min.)	LS
10:15	Yoga (75 Min.)	LS
18:30	Hot Iron 1 (60 Min.)	LS
19:30	Bodyforming (60 Min.)	LS
20:30	TRX (30 Min.)	LS

Mittwoch

9:00	Fit ab 50 (75 Min.)	LS
17:30	Spinbike (60 Min.)	LS
18:30	Bauch Beine Po (60 Min.)	LS
19:30	Spinbike (60 Min.)	LS

Donnerstag

9:15	Fatburner (60 Min.)	LS
10:30	TRX Gold (30 Min.)	LS
17:30	Reha Rücken (45 Min.)	LS
18:30	Zumba Gold Toning (60 Min.)	LS
19:30	Deep Work (60 Min.)	LS

Freitag

9:15	Bodyforming (60 Min.)	LS
10:30	Reha Rücken (45 Min.)	LS
17:45	Functional Fitness (45 Min.)	O
17:45	TRX / Funktionaltraining (45 Min.)	LS

Samstag

10:15	Rücken-Fit (60 Min.)	LS
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Sonntag

10:30	BBPo/Step Aerobic (60 Min.)	LS
13:00	Karate für Jedermann (60 Min.)	LS