

Kursplan

17.02.2020 - 23.02.2020

Sportpunkt
Steinweg 43
32657 Lemgo
05261 187297



info@sportpunkt-lemgo.de

Montag 17.02.2020	Dienstag 18.02.2020	Mittwoch 19.02.2020	Donnerstag 20.02.2020	Freitag 21.02.2020	Samstag 22.02.2020	Sonntag 23.02.2020
10:00 - 11:00 ZUMBA fitness	09:30 - 10:15 Rückenfit	10:00 - 11:00 JUMPING fitness	09:00 - 10:15 fitdankbaby @ - MIN...	10:00 - 10:45 ZUMBA step	13:00 - 14:30 Yoga *	11:00 - 12:00 Momi Fit
11:00 - 11:45 ZUMBA gold	10:30 - 11:15 Spinning (Flexi-Bar...	11:00 - 11:45 Stretch & Roll	10:15 - 11:30 fitdankbaby @ - MAX...	10:45 - 11:45 Pilates		12:00 - 12:30 StretchItOut
12:15 - 13:15 Flow	17:30 - 18:15 ZUMBA step	16:00 - 17:15 fitdankbaby @ - MIN...	13:45 - 14:30 ZUMBA kids (ab 3J.)...	17:30 - 18:30 ZUMBA fitness		
17:30 - 18:30 ZUMBA Jugendkurs	19:00 - 19:45 Spinning	17:30 - 18:15 Stretch & Roll meet...	14:30 - 15:15 ZUMBA kids (ab 5J.)...	18:30 - 19:30 ZUMBA toning		
17:30 - 18:15 DRUM fitness	19:00 - 19:45 aqua ZUMBA	17:30 - 18:30 Strong	15:15 - 16:00 ZUMBA kids (ab 7J.)...	19:30 - 20:30 JUMPING fitness		
18:30 - 19:30 ZUMBA fitness	20:00 - 20:45 Spinning (Flexi-Bar...	18:30 - 19:30 ZUMBA fitness	17:30 - 18:30 ZUMBA toning			
18:30 - 19:15 Power Pump		18:30 - 19:15 Power Pump	18:30 - 19:30 ZUMBA fitness			
19:15 - 19:45 Tabata		19:30 - 20:30 JUMPING fitness	18:45 - 19:30 Spinning			
19:45 - 20:30 TRX Slingtraining		19:30 - 20:15 Beckenboden Kurs	19:30 - 20:30 Pilates			

Ausdauer & Figur...

Dance & Fun

Figurformung

Kraft & Figur

Körper & Entspan...

Stand: 18.02.2020