Kursplan

22.04.2024 - 28.04.2024

Sportpunkt
Steinweg 43
32657 Lemgo

05261 187297
info@sportpunkt-lemgo.de

Montag 22.04.2024	Dienstag 23.04.2024	Mittwoch 24.04.2024	Donnerstag 25.04.2024	Freitag 26.04.2024	Samstag 27.04.2024	Sonntag 28.04.2024
10:00 - 10:45 ZUMBA fitness	09:30 - 10:15 Rückenfit	10:00 - 10:45 JUMPING fitness	09:30 - 10:15 ImmunStark	09:30 - 10:15 fitdankbaby ® - MIN...		11:00 - 11:45 Sonntags Workout
11:00 - 11:45 ZUMBA gold	10:30 - 11:15 Spinning	16:30 - 17:15 Bauch Beine Po	15:30 - 16:15 ZUMBA kids *	10:00 - 10:45 ZUMBA step		12:00 - 12:30 StretchItOut
17:30 - 18:15 DRUM fitness	17:30 - 18:15 ZUMBA step	17:30 - 18:15 Stretch & Roll	16:30 - 17:30 Boxen	10:45 - 11:30 fitdankbaby ® - MAX...		
17:30 - 18:15 DeepFlow	18:30 - 19:15 Spinning	17:30 - 18:15 Strong	17:30 - 18:15 ZUMBA toning	11:00 - 11:45 Pilates		
18:30 - 19:15 ZUMBA fitness	19:00 - 19:45 aqua ZUMBA	18:30 - 19:15 ZUMBA fitness	18:30 - 19:15 ZUMBA fitness	15:30 - 16:15 ZUMBA gold		
18:30 - 19:15 Power Pump	19:30 - 20:15 Yoga	18:30 - 19:15 Power Pump	18:30 - 19:15 Spinning	16:30 - 17:15 Rückenfit		
19:30 - 20:15 JUMPING fitness	19:30 - 20:15 Boxen	19:30 - 20:15 JUMPING fitness	19:30 - 20:15 Pilates	17:30 - 18:15 ZUMBA mix		
19:30 - 20:15 Fast Beat		19:30 - 20:15 Beckenboden Kurs	19:30 - 20:00 Tabata			

Stand: 25.04.2024

- Ausdauer & Figur...
- Dance & Fun
- Figurformung
- Kraft & Figur
- Körper & Entspan...