

Kursplan

28.11.2022 - 04.12.2022

Sportpunkt
Steinweg 43
32657 Lemgo
05261 187297
info@sportpunkt-lemgo.de



Montag 28.11.2022	Dienstag 29.11.2022	Mittwoch 30.11.2022	Donnerstag 01.12.2022	Freitag 02.12.2022	Samstag 03.12.2022	Sonntag 04.12.2022
10:00 - 10:45 ZUMBA fitness	09:30 - 10:15 Rückenfit	10:00 - 10:45 JUMPING fitness	15:30 - 16:15 ZUMBA kids *	10:00 - 10:45 ZUMBA step		11:00 - 11:45 Sonntags Workout
11:00 - 11:45 ZUMBA gold	10:30 - 11:15 Spinning	16:30 - 17:15 Bauch Beine Po	17:30 - 18:15 ZUMBA toning	11:00 - 11:45 Pilates		12:00 - 12:30 StretchItOut
17:30 - 18:15 DRUM fitness	17:30 - 18:15 ZUMBA step	17:30 - 18:15 Stretch & Roll	18:30 - 19:15 ZUMBA fitness	15:30 - 16:15 ZUMBA gold		
18:30 - 19:15 ZUMBA fitness	18:30 - 19:15 Spinning	17:30 - 18:15 Strong	18:30 - 19:15 Spinning	16:30 - 17:15 Rückenfit		
18:30 - 19:15 Power Pump	19:00 - 19:45 aqua ZUMBA	18:30 - 19:15 ZUMBA fitness	19:30 - 20:15 Pilates	17:30 - 18:15 ZUMBA fitness		
19:30 - 20:15 TRX Slingtraining	19:30 - 20:15 Yoga	18:30 - 19:15 Power Pump	19:30 - 20:00 Tabata	18:30 - 19:15 ZUMBA toning		
19:30 - 20:15 JUMPING fitness		19:30 - 20:15 JUMPING fitness				
		19:30 - 20:15 Beckenboden Kurs				

Ausdauer & Figur...
 Körper & Entspan...

Dance & Fun

Figurformung

Kraft & Figur

Stand: 29.11.2022