

KURSPLAN

Kurschenbroich

● 30 min.

● 45 min.

● 60 min.

● Individuell

EASYFITNESS.club

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00	CyberFitness ●	Bodystyling ●	CyberFitness ●	CyberFitness ●	Langhantel ●	CyberFitness ●	CyberFitness ●
10:00	Rückenfit ●	Yoga ●	CyberFitness ●	Bodystyling ●	CyberFitness ●	CyberFitness ●	CyberFitness ●
11:00	Powerbauch ●	CyberFitness ●	CyberFitness ●	Rückenfit ●	CyberFitness ●	CyberFitness ●	CyberFitness ●
-	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●
-	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●
-	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●
17:30	Pilates ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●	CyberFitness ●
18:00	Pilates ●	Rückenfit ●	Pilates ●	Yoga ●	Jumping ●	CyberFitness ●	CyberFitness ●
19:00	Jumping ●	Zumba ●	CyberFitness ●	Langhantel ●	CyberFitness ●	CyberFitness ●	CyberFitness ●
20:00	CyberFitness ●	CyberFitness ●	CyberFitness ●	BANDIXX ●	CyberFitness ●	CyberFitness ●	CyberFitness ●

* Änderungen vorbehalten



► Kurse buchen direkt über die
EF Digital & MySports App



Laden im
App Store



Jetzt bei
Google Play