

KURSPLAN

RINTELN

EASVFITNESS.club

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10:00						RÜCKENFIT	LES MILLS BODYPUMP
11:00					YOGA	PILATES	LES MILLS LMI STEP
12:00						LES MILLS tone	
16:00							
17:00		 ZUMBA [®] FITNESS	PILATES	 ZUMBA [®] FITNESS			
18:00		LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS DANCE	LES MILLS BODYPUMP		
19:00	 JUMPING FITNESS		LES MILLS GRIT	LES MILLS BODYBALANCE	LES MILLS LMI STEP		
20:00	LES MILLS BODYBALANCE		YIN YOGA				

 30 MIN

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