

KURSPLAN La víða

Februar/März 2019

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG |
|---------------------------------|-------------------------------------|---|------------------------------|----------------------------------|------------------------|
| 9:00 - 10:00 Cross-Fit | 9:30 - 10:30 Cross-Fit | 9:00 - 10:00 Pilates | | 9:00 - 10:00 Bodyworkout | |
| 10:00 - 10:45 Reha Sport | | 10:00 - 11:00 Funktionelles Training | | 10:15- 10:45 Faszien-Training | |
| 11:00 - 12:00 Nordic-Walking | | | | | 12:00 - 13:00 Zumba |
| 18:15 - 19:00 Indoor Cycling | 18:15 - 19:00 Pilates | 18:15 - 19:15 Bodytoning | 18:15 - 19:15 Bodyworkout | 17:00 - 18:00 Indoor Cycling | |
| 19:00 - 19:45 Body & Spirit | 19:00 - 19:45 Bodyforming | 19:15 - 20:15 Faszien-Pilates | 19:15 - 20:00 Reha Sport | | |
| 20:00 - 20:45 Rücken Fit | 19:45 - 20:30 Fight-Club-Fitness | 20:15 - 21:15 Zumba | 20:00 - 21:00 Zumba | | |

Fitnessoase La víða

Hammoorer Weg 24 22941 Bargtheide

Telefon: (04532) 28 78 64 Mobil: 0175 644 15 01 www.fitnessoase-la-vida.de

Öffnungszeiten Studio:

montags - freitags 9:00 - 22:00 Uhr

sonntags 10:00 - 20:00 Uhr

samstags 12:00 - 20:00 Uhr

feiertags 12:00 - 16:00 Uhr

Ausdauer

Kraft

Fun

Rücken & Reha

Achtsamkeit