

Kursplan

30.03.2020 - 05.04.2020

König Fitness & Gesundheitszentrum
 Am Garnisonsplatz 11
 72160 Horb am Neckar
 07451 625808
 kontakt@koenig-horb.de



Montag 30.03.2020	Dienstag 31.03.2020	Mittwoch 01.04.2020	Donnerstag 02.04.2020	Freitag 03.04.2020	Samstag 04.04.2020	Sonntag 05.04.2020
09:00 - 09:30 Rückenfit	09:00 - 10:00 REHA SPORT	09:00 - 10:00 REHA SPORT	08:00 - 09:00 REHA SPORT	09:00 - 10:00 REHA SPORT		
10:00 - 11:00 PILATES	17:30 - 18:00 Bauch intensiv	10:15 - 11:15 les mills BODYPUMP@...	09:00 - 10:00 Bauch/Beine/Po	09:00 - 10:30 Yoga		
10:00 - 11:00 REHA SPORT	18:00 - 19:00 REHA SPORT	10:15 - 11:15 Functional Training...	17:30 - 18:00 Bauch intensiv	10:45 - 11:45 Indoor Cycling TOMA...		
17:15 - 17:45 Bauch intensiv	18:00 - 18:50 Bauch/Beine/Po	17:00 - 18:00 REHA SPORT	18:00 - 18:45 les mills BODYPUMP@...	18:00 - 19:00 les mills BODYPUMP@...		
17:50 - 18:50 Step Aerobic	19:00 - 20:00 PILATES	17:15 - 18:20 RPM® les mills (neu...	19:00 - 20:00 Indoor Cycling TOMA...	19:00 - 20:00 Functional Training...		
18:00 - 19:00 REHA SPORT	20:15 - 21:15 Indoor Cycling TOMA...	18:30 - 19:30 ZUMBA®	19:00 - 20:00 REHA SPORT			
19:00 - 20:00 les mills BODYPUMP@...		19:30 - 20:30 Functional Training...				
19:15 - 20:15 Functional Training...		19:45 - 21:15 Yoga				
20:15 - 21:15 RPM® les mills (neu...						

- Ausdauer
- Dance & Fun
- Entspannung
- Figur
- Gesundheit
- Kraft
- Reha-Sport

Stand: 04.04.2020