

Kursplan

17.12.2018 - 23.12.2018

TopFit Sportstudio
 Dithmarscher Platz 5
 25524 Itzehoe
 04821 779952
 info@topfit-itzehoe.de



| Montag 17.12.2018 | Dienstag 18.12.2018 | Mittwoch 19.12.2018 | Donnerstag 20.12.2018 | Freitag 21.12.2018 | Samstag 22.12.2018 | Sonntag 23.12.2018 |
|-----------------------------------|----------------------------------|---------------------------------|----------------------------------|-------------------------------------|--------------------|--------------------|
| 09:30 - 10:30 Fit in den Tag | 09:30 - 10:15 Rehagymnastik* | 09:30 - 10:30 In Balance | 09:30 - 10:30 Gesunder Rücken | 09:30 - 10:30 Fit in den Tag | | |
| 10:30 - 11:30 five Gym | 10:30 - 11:15 Rehagymnastik* | 10:30 - 11:15 Rehagymnastik* | 10:30 - 11:15 Rehagymnastik* | 10:30 - 11:30 Pilates meets Five | | |
| 16:00 - 16:45 Rehagymnastik* | 16:30 - 17:15 Rehagymnastik* | 17:00 - 17:45 Rehagymnastik* | 17:00 - 17:45 Rehagymnastik* | 19:00 - 20:00 Fit & Spaß | | |
| 17:00 - 17:45 Rehagymnastik* | 17:30 - 18:15 Rehagymnastik* | 18:00 - 19:00 Step | 18:00 - 18:45 Rehagymnastik* | | | |
| 18:00 - 19:00 Fit in die Woche | 18:30 - 19:30 Gesunder Rücken | 19:00 - 20:00 five Gym | 19:00 - 19:45 Rehagymnastik* | | | |
| 19:00 - 20:00 Bauch-Beine-Po | 19:30 - 20:30 Pilates & Co | | | | | |

■ Fitness
 ■ Rehagymnastik*
 ■ Rücken

Stand: 19.12.2018