

Kursplan

01.03.2021 - 07.03.2021

City Fitness
Marcel-Paul-Str. 69
99427 Weimar



03643 422970
cityfitnessweimar.eichhorn@t-online.de

Montag 01.03.2021	Dienstag 02.03.2021	Mittwoch 03.03.2021	Donnerstag 04.03.2021	Freitag 05.03.2021	Samstag 06.03.2021	Sonntag 07.03.2021
08:00 - 09:15 Training	08:00 - 09:15 Training	08:00 - 09:15 Five-Gelenktraining...	08:00 - 09:15 Five-Gelenktraining...	08:00 - 09:15 Five-Gelenktraining...		
08:00 - 09:15 Five-Gelenktraining...	08:00 - 09:15 Five-Gelenktraining...	08:00 - 09:15 Training	08:00 - 09:15 Training	08:00 - 09:15 Training		
09:30 - 10:45 Training	09:30 - 10:45 Training	09:30 - 10:45 Five-Gelenktraining...	09:30 - 10:45 Five-Gelenktraining...	09:30 - 10:45 Five-Gelenktraining...		
09:30 - 10:45 Five-Gelenktraining...	09:30 - 10:45 Five-Gelenktraining...	09:30 - 10:45 Training	09:30 - 10:45 Training	09:30 - 10:45 Training		
11:00 - 12:15 Training	11:00 - 12:15 Training	11:00 - 12:15 Five-Gelenktraining...	11:00 - 12:15 Five-Gelenktraining...	11:00 - 12:15 Five-Gelenktraining...		
11:00 - 12:15 Five-Gelenktraining...	11:00 - 12:15 Five-Gelenktraining...	11:00 - 12:15 Training	11:00 - 12:15 Training	11:00 - 12:15 Training		
12:30 - 13:45 Training	12:30 - 13:45 Training	12:30 - 13:45 Five-Gelenktraining...	12:30 - 13:45 Five-Gelenktraining...	12:30 - 13:45 Five-Gelenktraining...		
12:30 - 13:45 Five-Gelenktraining...	12:30 - 13:45 Five-Gelenktraining...	12:30 - 13:45 Training	12:30 - 13:45 Training	12:30 - 13:45 Training		
14:00 - 15:15 Training	14:00 - 15:15 Training	14:00 - 15:15 Five-Gelenktraining...	14:00 - 15:15 Five-Gelenktraining...	14:00 - 15:15 Five-Gelenktraining...		
14:00 - 15:15 Five-Gelenktraining...	14:00 - 15:15 Five-Gelenktraining...	14:00 - 15:15 Training	14:00 - 15:15 Training	14:00 - 15:15 Training		
15:30 - 16:45 Five-Gelenktraining...	15:30 - 16:45 Training	15:30 - 16:45 Five-Gelenktraining...	15:30 - 16:45 Five-Gelenktraining...	15:30 - 16:45 Five-Gelenktraining...		

- Der besondere Ku...
- Rückentraining
- Herz- & Kreislau...
- Training
- Kraft & Beweglic...
- Zirkel
- Outdoor
- sb für Slim Belly m...

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15:30 - 16:45 Training	15:30 - 16:45 Five-Gelenktraining...	15:30 - 16:45 Training	15:30 - 16:45 Training	15:30 - 16:45 Training		
17:00 - 18:15 Five-Gelenktraining...	17:00 - 18:15 Training	17:00 - 18:15 Five-Gelenktraining...	17:00 - 18:15 Five-Gelenktraining...	17:00 - 18:15 Five-Gelenktraining...		
17:00 - 18:15 Training	17:00 - 18:15 Five-Gelenktraining...	17:00 - 18:15 Training	17:00 - 18:15 Training	17:00 - 18:15 Training		
18:30 - 19:45 Five-Gelenktraining...	18:30 - 19:45 Training	18:30 - 19:45 Five-Gelenktraining...	18:30 - 19:45 Five-Gelenktraining...	18:30 - 19:45 Five-Gelenktraining...		
18:30 - 19:45 Training	18:30 - 19:45 Five-Gelenktraining...	18:30 - 19:45 Training	18:30 - 19:45 Training	18:30 - 19:45 Training		

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