

Kursplan: Functional Club Lugau

17.01.2022 - 23.01.2022

Relax Sport & Gesundheit
 Untere Hauptstr. 10
 09385 Lugau
 037295 67216
 studio@relax-sport.de



Montag 17.01.2022	Dienstag 18.01.2022	Mittwoch 19.01.2022	Donnerstag 20.01.2022	Freitag 21.01.2022	Samstag 22.01.2022	Sonntag 23.01.2022
09:00 - 10:00 FREIES TRAINING	09:00 - 10:00 FREIES TRAINING	09:00 - 10:00 FREIES TRAINING	15:00 - 16:00 FREIES TRAINING	09:00 - 10:00 FREIES TRAINING	09:00 - 10:00 FREIES TRAINING	
10:15 - 11:15 FREIES TRAINING	10:15 - 11:15 FREIES TRAINING	10:15 - 11:15 FREIES TRAINING	16:15 - 17:15 FREIES TRAINING	10:15 - 11:15 FREIES TRAINING	10:15 - 11:15 FREIES TRAINING	
11:30 - 12:30 FREIES TRAINING	11:30 - 12:30 FREIES TRAINING	11:30 - 12:30 FREIES TRAINING	18:00 - 19:00 Mobility Training	11:30 - 12:30 FREIES TRAINING	11:30 - 12:30 FREIES TRAINING	
15:00 - 16:00 FREIES TRAINING	15:00 - 16:00 FT Power Mike Enold	15:00 - 16:00 FREIES TRAINING	19:30 - 21:00 Krav Maga Rico Schreiter	15:00 - 16:00 FREIES TRAINING		
16:15 - 17:15 FREIES TRAINING	16:15 - 17:15 FREIES TRAINING	16:15 - 17:15 FREIES TRAINING		16:15 - 17:15 FREIES TRAINING		
17:30 - 18:30 FREIES TRAINING	17:30 - 18:30 FREIES TRAINING	17:30 - 18:30 FREIES TRAINING		17:30 - 18:30 FREIES TRAINING		
18:30 - 19:30 Mobility Training Tanja Möckel	18:45 - 19:45 FREIES TRAINING	18:45 - 19:45 FREIES TRAINING				
19:30 - 21:00 Krav Maga Rico Schreiter						

- Entspannung Bewe...
- FREIES TRAINING
- Gesundheit
- Herz-Kreislauf T...
- Kraft
- Reha-Sport
- five®

Stand: 22.01.2022