








































Kursplan

23.01.2023 - 29.01.2023

Happy Fitness
Gottlieb-Daimler-Str. 50
74831 Gundelsheim
06269 8558
info@happy-fitness.net



| Montag 23.01.2023 | Dienstag 24.01.2023 | Mittwoch 25.01.2023 | Donnerstag 26.01.2023 | Freitag 27.01.2023 | Samstag 28.01.2023 | Sonntag 29.01.2023 |
|--|--|---|---|--|---|---|
| <p>09:00 - 10:00 BODYPUMP</p>  | <p>09:15 - 10:15 LMI Step</p>  | <p>09:30 - 10:15 Rücken-Fit</p> | <p>08:45 - 09:30 Reha-Sport</p>  | <p>09:15 - 10:15 BODYBALANCE</p>  | <p>09:45 - 10:45 BODYPUMP</p>  | <p>09:30 - 10:30 Lauftreff</p> |
| <p>10:10 - 11:10 Wirbelsäule</p> | <p>10:30 - 11:30 Zirkel 60+</p> | <p>10:30 - 12:00 Yoga / Entspannung</p> | <p>09:30 - 10:15 Reha-Sport</p>  | <p>10:30 - 11:15 Reha-Sport</p>  | | <p>09:45 - 10:45 Indoor Cycling</p>  |
| <p>11:15 - 12:00 Reha-Sport</p>  | <p>17:15 - 18:00 Reha-Sport</p>  | <p>17:00 - 17:45 Reha-Sport</p>  | <p>10:15 - 11:00 Reha-Sport (Sitz-Gr...)</p>  | <p>16:30 - 18:00 Yoga / Entspannung</p> | | <p>11:00 - 12:00 BODYBALANCE</p>  |
| <p>12:00 - 12:45 Reha-Sport</p>  | <p>18:15 - 19:15 BODYBALANCE</p>  | <p>18:00 - 19:00 Bauch-Beine-Po</p> | <p>17:15 - 18:00 Reha-Sport</p>  | <p>18:15 - 19:00 Reha-Sport</p>  | | |
| <p>18:00 - 19:00 LMI Step oder Bauch...</p>  | <p>19:15 - 20:15 BODYCOMBAT</p>  | <p>18:30 - 19:30 Lauftreff</p> | <p>18:00 - 18:45 Reha-Sport</p>  | <p>19:00 - 19:45 Reha-Sport</p>  | | |
| <p>19:00 - 20:00 BODYPUMP</p>  | | <p>19:00 - 20:00 BodyPump/ Functiona...</p> | <p>19:00 - 20:00 Indoor Cycling/Myri...</p>  | | | |
| | | <p>20:00 - 21:30 Yoga / Entspannung</p> | | | | |

-  Ausdauer
-  Bodybalance
-  Bodycombat
-  Bodypump
-  Energydance
-  Entspannung
-  Figur
-  Gesundheit
-  Kraft
-  Lmi-Step
-  Lmi-Step
-  Myride (bitte vo...
-  RPM
-  Reha-Sport
-  SH`Bam
-  Slimbelly

Stand: 28.01.2023