FITNESS PARK Stuhr

0421 98 96 260

gültig ab 01.04.2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
						1 10.15 - 11.00 Fatburner
1 9.15 - 10.15 Bodypump fit	1 9.00 - 10.00 Tabata	1 9.15 - 10.15 BBP Bauch Beine Po		1 9:00 - 10.00 Sling Training fit	1 10.15 - 11.15 Bodypump fit	2 10:30 - 11:30 Karate Minis fit
1 10.30 - 11.30 Pilates	1 10.15 - 11.15 Rückenfit	1 10.25 - 11.10 Faszienyoga		1 10.15 - 11..15 Rückenfit	1 11.25 - 11.55 BMW Bauch Muss Weg	S 11.00 - 12.00 Cycling fit; 1 11.15 - 12.15 Zumba
1 17.15 - 17.45 Hula Hoop fit						1 12.30 - 13.30 Body Balance
1 18.00 - 19.00 Power Yoga fit	1 16.00 - 17.00 Kinder Tanzen fit		1 16.00 - 16.45 Kinderyoga fit	1 16.45 - 17.30 Kinder Jumping fit	Anmeldung erforderlich (über Fitness Parks App) Fitness Park App fit	
S 19.00 - 20.00 Cycling fit	1 17.00 - 18.00 Fatburner	1 17.45 - 18.45 Bodyforming fit	1 18.00 - 19.00 Figurtraining fit	S 17.30 - 18:30 Cycling fit		
2 19.05 - 19.55 Faszientraining	S 18.00-19.00 Rückenfit fit	1 19.00 - 20.00 Bodypump fit	S 18.30 - 19.30 Cycling fit	1 17.45 - 18.30 Jumping fit		
1 19.15 - 20.00 Jumping fit	1 18.05 - 19.05 BBP Bauch Beine Po	S 19.00 - 20.00 Cycling fit	1 19.10 - 19.40 BMW Bauch Muss Weg	1 18.45 - 19.45 Yoga		
1 20.10 - 21.10 Bodypump fit	1 19.15 - 20.15 Yoga	1 20.10 - 21.10 Zumba	1 19.45 - 20.45 Fitnesskickboxen			

Kursraum 1 | Kursraum 2 | Spinning raum S

Öffnungszeiten:

Mo - Mi	Do - Fr	Sa: 10.00 - 17.00
7.00 - 22.00	8.00 - 22.00	So: 9.00 - 18.00

Saunazeiten:

Mo - Mi	Do - Fr	Sa: 11.00 - 16.30
8.00 - 21.30	9.00 - 21.30	So: 10.00 - 17.30

Kinderbetreuung
(6 Monate - 9 Jahre)

Montag	9.00 - 12.00
Montag	15.00 - 18.00
Mittwoch	15.00 - 18.00
Sonntag	10.15 - 13.30

Cycling
(Jeden 1. Sonntag 11.00 - 12.30)

Montag	19.00 - 20.00
Mittwoch	19.00 - 20.00
Donnerstag	18.30 - 19.30
Freitag	17.30 - 18.30
Sonntag	11.00 - 12.00