

Kursplan

10.12.2018 - 16.12.2018

VITA NOVA
 Am Schwimmbad 3
 63500 Seligenstadt
 06182-2 59 44
 info@vitanova.de



Montag 10.12.2018	Dienstag 11.12.2018	Mittwoch 12.12.2018	Donnerstag 13.12.2018	Freitag 14.12.2018	Samstag 15.12.2018	Sonntag 16.12.2018
08:15 - 09:00 Rehasport - nur mit...	08:30 - 09:30 LES MILLS Bodypump	09:00 - 09:45 LesMills Tone	09:00 - 10:00 LMI STEP	08:15 - 09:00 Rehasport - nur mit...	15:30 - 16:00 Intervall	09:30 - 10:00 LES MILLS CXWORX
09:00 - 10:00 BBP (Bauch-Beine-Po...)	09:30 - 10:30 Pilates (KK)	09:50 - 10:20 Rückenfit (KK)	10:00 - 10:45 Rehasport - nur mit...	09:00 - 09:45 Rückenfit (KK)	16:00 - 17:00 LES MILLS Bodypump	10:00 - 11:00 IndoorCycling Inter...
10:15 - 11:30 Hatha Yoga Level 1 ...	10:30 - 11:15 Rehasport - nur mit...	16:30 - 17:15 Rehasport - nur mit...	11:00 - 11:45 Rehasport - nur mit...	09:45 - 10:30 LesMills BodyPump 4...		11:00 - 11:20 Cross XxX - Express...
17:30 - 18:30 IndoorCycling Inter...	11:30 - 12:15 Rehasport - nur mit...	17:15 - 18:00 Rückenfit (KK)	17:00 - 17:45 Rehasport - nur mit...	17:30 - 18:15 LesMills Tone		11:15 - 12:15 Zumba
18:15 - 18:45 LES MILLS CXWORX	17:30 - 18:30 BBP (Bauch-Beine-Po...)	18:00 - 18:30 LES MILLS CXWORX	18:00 - 19:00 LES MILLS Bodypump	18:15 - 19:15 LES MILLS BODYBALANC...		11:30 - 11:50 Bauch Circuit Expre...
18:30 - 19:45 LesMills LMI STEP A...	17:45 - 18:15 LesMills Sprint	18:00 - 19:00 Outdoor MTB (ab Mit...	18:00 - 19:30 Hatha Vinyasa Flow ...			
18:45 - 19:45 LES MILLS Bodypump	18:00 - 19:00 Pilates	18:00 - 18:45 LesMills Tone	18:00 - 18:30 LesMills Sprint			
19:00 - 20:00 Fitness Führerschei...	18:30 - 19:15 LES MILLS SH'BAM	18:30 - 19:45 Hatha Yoga Level 1 ...	19:00 - 19:30 LesMills Bodycombat...			
19:15 - 20:15 LES MILLS BODYBALANC...	19:00 - 20:00 Rückenfit (KK)	18:30 - 19:15 LES MILLS Bodypump 4...	19:30 - 20:30 IndoorCycling Inter...			
19:30 - 20:00 FLEXX	19:00 - 20:00 Fitness Führerschei...	18:50 - 19:50 IndoorCycling Inter...	19:30 - 20:30 Zumba			
	19:00 - 19:30 Slingtraining	19:30 - 20:30 LES MILLS BodyComba...				

- Figur u. Abnehm...
- Gesundheit
- Kraft u. Ausdaue...
- Körper & Geist
- Outdoor

Stand: 13.12.2018



Montag 10.12.2018	Dienstag 11.12.2018	Mittwoch 12.12.2018	Donnerstag 13.12.2018	Freitag 14.12.2018	Samstag 15.12.2018	Sonntag 16.12.2018
	<div data-bbox="398 373 660 448" style="background-color: #800000; color: white; padding: 5px; border-radius: 10px;">19:15 - 20:10 RPM IndoorCycling</div> <div data-bbox="398 461 660 536" style="background-color: #4169E1; color: white; padding: 5px; border-radius: 10px;">19:30 - 20:15 Rehasport-nur mit ä...</div> <div data-bbox="398 549 660 624" style="background-color: #800000; color: white; padding: 5px; border-radius: 10px;">20:15 - 21:15 LES Mills Bodypump</div>	<div data-bbox="689 373 952 448" style="background-color: #4169E1; color: white; padding: 5px; border-radius: 10px;">20:00 - 20:45 Rehasport - nur mit...</div> <div data-bbox="689 461 952 536" style="background-color: #A08040; color: white; padding: 5px; border-radius: 10px;">20:00 - 21:00 LES Mills BODYBALANC...</div>				

- Figur u. Abnehm...
- Gesundheit
- Kraft u. Ausdaue...
- Körper & Geist
- Outdoor

Stand: 13.12.2018