

Kursplan

21.01.2019 - 27.01.2019

Body & Soul Fitnessfarm
 Asemisser Allee 5
 33818 Leopoldshöhe
 05202 8759
 info@bodyandsoul-fitnessfarm.de



Montag 21.01.2019	Dienstag 22.01.2019	Mittwoch 23.01.2019	Donnerstag 24.01.2019	Freitag 25.01.2019	Samstag 26.01.2019	Sonntag 27.01.2019
<div style="background-color: red; color: white; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Latin Dance Anastasia</div> <div style="background-color: blue; color: white; padding: 5px;">20:15 - 21:15 Hot - Iron Simone</div>	<div style="background-color: green; color: black; padding: 5px; margin-bottom: 5px;">11:00 - 12:00 Rücken Aktiv Ulli</div> <div style="background-color: green; color: black; padding: 5px; margin-bottom: 5px;">18:30 - 19:30 Yoga Catharina</div> <div style="background-color: yellow; color: black; padding: 5px;">19:45 - 20:45 Indoor-Cycling Katharina</div>	<div style="background-color: green; color: black; padding: 5px; margin-bottom: 5px;">18:00 - 18:45 Reha-Kurs Ulli</div> <div style="background-color: blue; color: white; padding: 5px;">19:00 - 20:00 BBP Katharina</div>	<div style="background-color: green; color: black; padding: 5px; margin-bottom: 5px;">10:00 - 10:45 Reha-Kurs Ulli</div> <div style="background-color: red; color: white; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Latin Dance Anastasia</div> <div style="background-color: blue; color: white; padding: 5px;">20:15 - 21:15 Hot - Iron Simone</div>	<div style="background-color: green; color: black; padding: 5px; margin-bottom: 5px;">16:00 - 17:00 Fit Mix Ulli</div> <div style="background-color: green; color: black; padding: 5px; margin-bottom: 5px;">17:00 - 18:00 Yoga Catharina</div> <div style="background-color: green; color: black; padding: 5px; margin-bottom: 5px;">18:00 - 18:45 Reha-Kurs Ulli</div> <div style="background-color: green; color: black; padding: 5px;">19:15 - 20:15 Rücken Aktiv Ulli</div>	<div style="background-color: blue; color: white; padding: 5px;">14:15 - 15:15 Intervall Simone</div>	

Ausdauer
 Dance & Fun
 Figur
 Gesundheit

Stand: 22.01.2019