








# Kursplan: Kursraum

06.07.2020 - 12.07.2020

Make Fit Company  
 Darmstädter Straße 1  
 64354 Reinheim  
 06162 6111  
 make.fit-klaus@t-online.de



Montag 06.07.2020	Dienstag 07.07.2020	Mittwoch 08.07.2020	Donnerstag 09.07.2020	Freitag 10.07.2020	Samstag 11.07.2020	Sonntag 12.07.2020
10:00 - 11:00 Rückenfitness	18:00 - 18:30 Ballance	10:00 - 10:45 Maxx-F	18:30 - 19:30 Hot Iron	10:00 - 11:00 Body Workout	12:00 - 13:00 Maxx-F	10:00 - 11:00 Hot Iron
11:00 - 11:30 Mixed Workout	18:30 - 19:30 Fatburner-Step	10:45 - 11:15 Ballance	19:30 - 20:00 Ballance	11:00 - 11:30 Ballance	13:00 - 13:45 Drums Alive®	11:00 - 12:00 Spinning
18:00 - 19:00 Jumping	19:30 - 20:30 Yoga	18:00 - 18:30 Ballance	20:00 - 20:45 Jumping	18:15 - 19:15 Jumping	13:45 - 14:30 Jumping	
19:00 - 20:00 Hot Iron		18:30 - 19:30 Wirbelsäulengymnast...		19:15 - 20:15 Spinning		
20:00 - 21:00 Easy Spinning		19:30 - 20:30 Zumba® fitness				

-  Ausdauer
-  Gesundheit
-  Kraft
-  Milon
-  Sauna
-  Trainingsfläche
-  Trainingsfläche

Stand: 12.07.2020