

KURSPLAN ONLINE-Fitness für 23.3. - 29.3.



Mo. 23.3.	Di. 24.4.	Mi. 25.3.	Do. 26.3.	Fr. 27.3.	Sa. 28.3.	So. 29.3.
10:00 Rücken & Mobility <i>ohne Equipment</i> (Antje)	10:00 Outdoor-Fitness beim Spaziergang (Antje)	10:00 Outdoor-Fitness <i>Miniband und Tube</i> (Antje)	10:00 Fit-Mix <i>ohne Equipment</i> (Antje)	10:00 Outdoor-Fitness <i>ohne Equipment</i> (Antje)	10:00 Yoga-Pilates <i>ohne Equipment</i> (Mona)	10:30 Entspannung (Anne)
10:40 Bauch, Beine, Po <i>ohne Equipment</i> (Antje)	17:00 Fatburner <i>ohne Equipment</i> (Nicki)	10:40 Faszien-Training <i>Tennisball, Rolle</i> (Antje)	10:40 Mobility-Flow <i>ohne Equipment</i> (Antje)	10:40 Progressive Muskelentspannung (Antje)	10:40 Fit-Mix Oberkörper <i>Hanteln, Tubes</i> (Mona)	11:30 KAPOW Kardio-Power (Jan)
18:00 Kettlebell Power <i>Kettlebell oder Hantel</i> (Karo)	17:40 Team-Challenge <i>ohne Equipment</i> (Nicki)	15:30 Fit mit Partner <i>ohne Equipment</i> (Nicki)	17:30 Fatburner <i>ohne Equipment</i> (Dennis)	16:00 Step-Aerobic <i>Stepper</i> (Anne)	13:00 Dance-Fitness (Anne)	
18:40 BodyArt Strength <i>ohne Equipment</i> (Karo)		18:15 Core-Power <i>ohne Equipment</i> (Lena)	18:15 Fit-Mix @ Home <i>Stuhl, Tisch, Flasche</i> (Dennis)	16:45 Fit mit Miniband <i>Miniband</i> (Anne)		
		19:00 Maximale Kraft <i>Wasserkasten, Bücher, Rucksack, Flasche</i> (Lena)				