

Kursplan

08.08.2022 - 14.08.2022

ImPuls fit & aktiv gesund
 Trift 17
 29646 Bispingen
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 info@impuls-gesund.fit



Montag 08.08.2022	Dienstag 09.08.2022	Mittwoch 10.08.2022	Donnerstag 11.08.2022	Freitag 12.08.2022	Samstag 13.08.2022	Sonntag 14.08.2022
09:00 - 09:45 BBP Jenny Moräntz	09:00 - 10:00 Faszien Impuls Vanessa Meyer	10:15 - 11:00 Faszien Yoga Julia Eggers	10:00 - 11:00 Pilates Vanessa Meyer	07:30 - 08:30 FT Mobility		
10:00 - 10:45 Rückenkurs Jenny Moräntz	10:15 - 11:00 Indoor Cycling Jacek Zielinski	11:00 - 11:45 Fitte Füße Esther Parpart	17:00 - 17:45 Fitte Füße Esther Parpart	10:15 - 11:00 Aqua Jogging		
16:00 - 17:00 Präventionskurs §20...	17:00 - 18:00 Präventionskurs §20...	17:00 - 17:45 Rückenkurs Jenny Moräntz	18:00 - 19:00 FT Burn	11:30 - 12:30 Funktionelles Train... Vanessa Meyer		
16:00 - 17:00 FT Movement	18:00 - 19:00 Hot Iron Julia Eggers	18:00 - 18:45 Indoor Cycling Katharina Prenzler	19:00 - 19:45 Zumba Esther Parpart	12:30 - 13:30 Faszien Impuls Vanessa Meyer		
17:00 - 18:00 Präventionskurs §20...	18:00 - 19:00 FT Burn	19:00 - 20:00 Faszien Impuls Katharina Prenzler	19:00 - 20:00 FT Mobility	15:00 - 16:00 FT Movement		
17:00 - 18:00 FT Strength	19:00 - 20:00 FT Mobility	19:00 - 19:45 Indoor cycling Katharina Prenzler	20:00 - 21:15 Vinyasa Power-Yoga ... Julia Eggers	16:00 - 17:00 FT Strength		
18:00 - 18:45 Zumba Esther Parpart	19:15 - 20:00 Kamibo Julia Eggers	19:00 - 19:45 Aqua Jogging	20:00 - 21:00 FT Strength	17:00 - 17:45 BBP Jenny Moräntz		
19:00 - 19:45 Indoor Cycling Jacek Zielinski	20:15 - 21:15 Yoga Maren Westermann	20:00 - 21:00 FT Strength		17:00 - 18:00 FT Kids		
20:00 - 21:00 Pilates Vanessa Meyer				18:00 - 18:45 Step Aerobic Jenny Moräntz		
20:00 - 21:00 FT Strength				18:00 - 19:00 FT Mobility		
				19:00 - 20:00 FT Strength		

- FT Club
- Fitness Kurse
- Online
- Outdoor
- Präventionskurs ...
- Rehasport Hallen...
- Rehasport Kurse

Stand: 13.08.2022