



















Kursplan Lifestyle Lübbecke



Kinderbetreuung im Mini-Club Mo - Do: 9 – 12 Uhr und Fr: 16 – 19 Uhr

Tel. 05741 – 2 09 09

Montag -	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:15 – 10:00 FIT 50	9:15 – 10:15 	9:15 – 10:15 FITMix	9:15 -10.00 WSG	9.30 -10.15 Pilates		
10:00 - 10:45 Wirbelsäule	10:20 – 11:05 STEP	10.30 -11.15 Fitnessgym	10.15 -11.30 			
10:10 – 11:10 Spinning PLUS			+ CXworx		11.30-12.15 Aktiver Rücken	
			17.30 – 18.30 		12.15 -13.15 FITMix	13.30 – 14.00 High Intense
	17:30 – 18:00 BOP		18.15 – 19.15* 	16.15-17.45 	13.30 – 15.00 CXworx	14.00 – 15.00 
17:15 – 18:00 BOP	18.00 – 18.45 WSG	17.00 – 18.00 	18.30 - 19.15 STEP	+ CXworx	 	
18:00 – 19:00 	18:45 – 19:45 	18.10-19.40 	19.15 - 20.00* Pilates	17.45-18.45 		
18:15– 19:15 Spinning	19:00 – 20:00 Spinning	+ CXworx*	18.45 - 19.45 Spinning	19.00 - 20.00 		
19:15 – 20:15 		19.20 -20.20 	19.15 - 20.00 WSG			
20:15 – 21:15 	20:00 – 21:00 	19.45-20.45 Spinning	20.00 – 20.40* Sling- Training			*kleiner Raum