

# Kursplan

11.10.2021 - 17.10.2021

4 Fun Fitness Kiel  
Kronshagener Weg 97  
24116 Kiel  
0431 - 12 90 11  
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Montag 11.10.2021	Dienstag 12.10.2021	Mittwoch 13.10.2021	Donnerstag 14.10.2021	Freitag 15.10.2021	Samstag 16.10.2021	Sonntag 17.10.2021
08:05 - 08:50 YOGA (live & Zoom)	09:00 - 09:55 Total Vital (live & ...)	08:30 - 09:25 WIRBELSÄULENGYMNAST...	09:00 - 10:00 YOGA gesunder Rücke...	08:30 - 09:20 WIRBELSÄULENGYMNAST...	09:05 - 09:35 M.A.X. (live & Zoom...	09:05 - 09:50 Yoga Basic (live & ...)
09:00 - 10:00 ANTARA (live & Zoom...	10:00 - 11:00 BBP+	09:30 - 10:30 Indoor Cycling	10:15 - 11:00 STEP Basic (live & ...)	09:25 - 10:25 WORKOUT	09:45 - 10:45 Bodyforming (live &...	10:00 - 10:50 BBP+ (live & Zoom)
10:15 - 11:15 Seniorfit (live & Z...	16:50 - 17:50 STEP I-II	09:35 - 10:20 FIVE Strech& Bewegl...	17:40 - 18:40 Langhantel Workout	09:30 - 10:20 Wirbelsäulengymnast...	10:15 - 11:00 X-Fit (Vor Ort & Zo...	11:00 - 11:45 FIVE Strech & Beweg...
16:30 - 17:25 BBP+	17:30 - 18:30 Outdoor Cycling	10:30 - 11:30 SENIOR FIT (live & ...)	17:45 - 18:45 Cycling	10:30 - 11:30 ANTARA (live & Zoom...	11:00 - 12:00 Antara (live & Zoom...	12:00 - 13:00 ZUMBA (live & Zoom)...
17:15 - 18:15 Cardio Workout Outd...	18:00 - 18:55 Power YOGA	16:30 - 17:20 STEP I	18:15 - 19:00 Strong nation	16:30 - 17:20 Bodyforming (live &...	11:00 - 11:45 X-Fit (Vor Ort & Zo...	16:30 - 17:30 Langhantel Workout
17:35 - 18:05 M.A.X (live & Zoom)...	19:00 - 19:55 ANTARA klassik (liv...	17:30 - 18:00 M.A.X. (live & Zoom...	19:00 - 20:00 Rückenfit (live & Z...	16:45 - 17:45 Indoor Cycling	11:00 - 12:00 Indoor Cycling	17:00 - 18:00 Indoor Cycling
17:45 - 18:30 Rücken Fit	20:05 - 20:50 Hula Hoop Workout (...)	18:00 - 19:00 INDOOR CYCLING		17:30 - 18:30 ZUMBA (live & Zoom)...		17:30 - 18:30 STEP I-II
18:00 - 19:00 INDOOR CYCLING		18:15 - 19:15 Body Forming (live ...)		18:00 - 19:00 Indoor Cycling		
18:15 - 19:15 Workout Intervall (...)		18:15 - 19:00 Hula Hoop Workout O...		18:45 - 19:45 Yoga Basic (live & ...)		
18:45 - 19:30 Dance It		19:30 - 20:30 Yin YOGA (live9				

■ Fit und Vital     
 ■ Leidenschaft und...     
 ■ Rücken und Gesun...     
 ■ Schlank und Figu...

Stand: 16.10.2021