FitnessTempel
Friedrichshafen
... Premium Fitness Kluftern

Kursplan

14.11.2026

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
morgens	9:00 - 10:00 functional mobility	9:15 - 10:15 Integraler Yoga	8:30 - 9:30 Full Body Workout 9:30 - 10:30 Indoor Cycling	8:15 - 9:15 Pilates	9:00 - 10:00 Funktional Training	9:30 - 10:30 Body Pumping	9:15 - 10:00 Body Drills - Intensives Ganzkörpertraining
vormittags						10:30 - 11:30 Complete Body Workout	
mittags	17:00 - 18:00 Zumba	17:00 - 18:00 Pilates		17:00 - 17:45 Body Drills - Intensives Ganzkörpertraining		14:00 - 16:00 Sparring	
abends	18:00 - 19:00 Crosstraining 18:00 - 19:00 Full Body Workout 19:00 - 20:30 Thaiboxen 19:00 - 20:00 Indoor - Cycling	18:00 - 19:00 Complete Body Workout 19:00 - 20:00 Jumping Fitness 20:00 - 21:30 BJJ	17:30 - 18:30 Crosstraining 18:30 - 20:00 Thaiboxen	18:00 - 19:00 Zumba 19:00 - 20:00 Jumping Fitness 20:00 - 21:30 BJJ	18:30 - 20:00 Thaiboxen		

Nicht im Juni, Juli, August (ab September)

Fightclubkurse