

# Kursplan

11.02.2019 - 17.02.2019

Feel Well  
 Rainerstraße 6-8  
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 linz@feelwell.at



Montag 11.02.2019	Dienstag 12.02.2019	Mittwoch 13.02.2019	Donnerstag 14.02.2019	Freitag 15.02.2019	Samstag 16.02.2019	Sonntag 17.02.2019
09:10 - 10:00 Rücken Fit	09:10 - 10:00 Back Up	07:10 - 08:00 Group Cycle	09:10 - 10:00 Flow Mo	09:10 - 10:00 Step Aerobic	09:10 - 10:00 Back Up	10:30 - 11:20 Muscle Up
10:10 - 11:00 Step Worx	10:10 - 11:00 Get Started	10:10 - 11:00 Get Started	10:10 - 11:00 Body Worx	18:10 - 19:00 Fit Boxing	10:10 - 11:00 Back Up	11:30 - 12:20 Fit Boxing
10:10 - 11:00 Yoga	17:10 - 18:00 Dance Fit	17:10 - 18:00 Flow Mo	10:10 - 11:00 Yoga			
17:10 - 18:00 Muscle Up	18:10 - 19:00 Do The Func	18:10 - 19:00 Step Worx	17:10 - 18:00 Flow Mo			
18:10 - 19:00 Body Worx	18:10 - 19:00 Body Worx	18:10 - 19:00 Dance Fit	18:10 - 19:00 Muscle Up			
18:10 - 19:00 Fit Boxing	19:10 - 20:00 Body Rock	19:10 - 20:00 Fit Boxing	18:10 - 19:00 Fit Boxing			
19:10 - 20:00 Yoga	19:10 - 20:00 Cross Fit	19:10 - 20:00 Do The Func				
19:10 - 20:00 Do The Func						

 Fitness

Stand: 16.02.2019