KURSPLAN SPORTPARK 18-90

STAND 17.11.2018

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
9:00 - 10:00 Anne **BBP**	9:00 - 10:00 Anne **Fit ab 50 / Forever Young**	9:00 - 9:45 Anja **Rehasport***	9:00 - 9:45 Anja **Sling**	9:00 - 10:00 Judith **FitMix**
10:00 - 11:30 Ina **Yoga**	10:00 - 11:00 Anne **Pilates**	9:00 - 10:00 Anne **Fit ab 50 / Forever Young**	9:00 - 10:00 Traudl **Rücken**	10:00 - 10:45 Judith **Funktionstraining***
10:00 - 11:00 Uhr Renate **Zumba**	11:00 - 11:45 Anne **Rehasport***	10:00 - 11:00 Anja **Indoor Cycling**	10:00 - 11:00 Traudl **Rücken**	17:00 - 17:45 Anne **Rehasport***
11:00 - 11:45 Anne **Rehasport***	17:00 - 17:45 Anja **Rehasport***	10:00 - 10:45 Anne **Rehasport***	10:00 - 10:45 Anja **Rehasport***	18:00 - 19:00 Anne **Yogilates**
17:00 - 17:30 Svenja **Anti Cellulite**	18:00 - 18:45 Anja **Rehasport***	11:00 - 11:45 Anne **Rehasport***	11:00 - 11:45 Anja **Rehasport***	
17:00 - 17:45 Anja **Rehasport***	18:30 - 19:15 Kujtim **Power**	18:00 - 19:00 Svenja **Power BBP**	11:00 - 12:00 Anne **Pilates**	
17:30 - 18:00 Svenja **Bauch Pur**	18:45 - 19:45 Anja/ Bernd **Herz / Lungensport***	18:15 - 19:45 Ina **Yoga**	17:00 - 17:45 Anja **Rehasport***	
18:00 - 19:00 Anne **Pilates**	19:15 - 20:15 **Indoor Cycling**	19:00 - 20:00 Svenja **Wirbelsäulengymnastik**	17:00 - 17:45 Anne **Funktionstraining***	
18:15 - 19:15 Anja **Sling**	19:45 - 20:45 Anja/ Bernd **Herz / Lungensport***	20:00 - 20:30 Svenja **Stretch & Relax**	18:00 - 18:45 Anja **Rehasport***	
			18:00 - 18:45 Anne **Rehasport***	
			19:00 - 20:00 Bernd **Indoor Cycling**	
			19:00 - 20:00 Kujtim **Functional Fitness**	

* Rehakurs/ Funktionstraining * Geschlossener Kurs/ Nur mit Verordnung

Sportpark 18-90