

Kursplan me-sport STUDIO ab 29.06.2020

Zeit	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2	Kursraum 1	Kursraum 2
08:00														
09:00	Workout all-in 09:15-10:00		Workout all-in 09:15-10:00		Workout all-in 09:15-10:00		RückenFit 09:15-10:00						Workout all-in 09:15-10:00	
10:00	Balance 10:15-11:00		Pilates 10:15-11:00				RückenFit 10:15-11:00		Workout all-in:basic 10:15-11:00		Workout all-in 10:15-11:00		Workout all-in 10:15-11:00	
11:00	SPINNING Industriestr. 11 19:00-20:00 Uhr		Pilates 11:15-12:00										Yoga 11:15-12:15	
12:00			Outdoor Fitness am HHG 18:00 - 19:00 Uhr											
13:00				ZUMBA am HHG 19:15-20:15 Uhr										
14:00			SPINNING Industriestr. 11 19:30-20:30 Uhr											
15:00														
16:00														
17:00	Workout all-in 17:15-18:00				Pilates 17:15-18:00		Langhantel 17:15-18:00							
18:00	Langhantel 18:15-19:00	Faszien-Pilates 18:15-19:00	Yoga 18:15-19:00	BOP 18:15-19:00	Langhantel 18:15-19:00		Functional Fit 18:15-19:00		Langhantel 18:15-19:00				REHA 17:00-17:45	
19:00	Workout all-in 19:15-20:00		Functional Fit 19:15-20:00		Workout all-in 19:15-20:00	RückenFit 19:15-20:00	Workout all-in 19:15-20:00		Workout all-in 19:15-20:00				REHA 18:00-18:45	
20:00					Yoga 20:15-21:00									
21:00														

Kurszielsetzungen:

Kraft/ Body Shape
Body & Mind
Power
Cardio
Dance