

Kursplan me-sport STUDIO ab 14.09.2020

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	REHA 09:00-09:45	Workout all-in 09:15-10:00		Workout all-in 09:15-10:00		RückenFit 09:15-10:00				Workout all-in 09:45-10:30		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 10:15-11:00		Spinning 10:45-11:30		Workout all-in 10:15-11:00	
11:00	Zumba 11:15-12:00		Pilates 11:15-12:00		Zumba 11:15-12:00								Yoga 11:15-12:45	
12:00			REHA 12:15-13:00											
13:00														
16:00														
17:00	Workout all-in 17:15-18:00	TôsôX * (Fighting Fit) 17:15-18:00			Pilates 17:15-18:00		Langhantel 17:15-18:00				REHA 17:00-17:45			
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	TôsôX * (Fighting Fit) 18:15-19:00	Step Aerobic 18:15-19:00	Functional Fit 18:15-19:00	Langhantel 18:15-19:00	REHA 18:00-18:45				
19:00	Spinning 19:15-20:00	TRX 19:15-20:00	Spinning 19:15-20:00	Functional Fit 19:15-20:00	Workout all-in 19:15-20:00	RückenFit 19:15-20:00	Zumba 19:15-20:00	TRX 19:15-20:00		REHA 19:00-19:45				
20:00	Spinning 20:15-21:00		Spinning 20:15-21:00		Yoga 20:15-21:15									
21:00														

Outdoor Fitness am HHG
18:00-19:00
 Outdoor Zumba am HHG
19:15-20:15
 Tai Chi an der Goldberger
Mühle 19:00 -20:00 Uhr

* Start TôsôX 28.09.

Outdoor Fitness am HHG
18:00-19:00

Kurszielsetzungen:

- Kraft/
Body Shape
- Body & Mind
- Power
- Cardio
- Dance