

Kursplan

ab 01.10.2018

S P O R T P A R K N O T T E N S D O R F

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:15 - 10:15 Rückenfit	09:00 - 10:00 Nordic Walking	09:15 - 10:00 Sensitiv Cycling*	09:15 - 10:00 Fit-Zirkel	09:15 - 10:15 Tabata		09:30 - 11:00 Rücken & Stretch Relax/ Yoga Rotation (laut Plan)
10:30 - 11:30 Workout	09:15 - 10:45 Indoor Cycling *	10:05 - 10:50 Rückenfit	10:00 - 10:45 BBP	10:30 - 11:15 Reha-Sport		
			16:40 + 17:30 Reha-Sport			
18:00 - 19:00 Tabata	18:00 - 19:00 Pump Fit	18:15 - 19:00 Rückenfit	18:15 - 19:15 BBP			
	19:00 - 19:30 Core Training	19:05 - 19:50 Pilates	19:15 - 20:15 Pump Fit			
19:15 - 20:15 Indoor Cycling*	19:30-20:00 Fat Burner	19:15 - 20:15 Indoor Cycling*		18:30 - 19:30 Indoor Cycling*		

*mit Anmeldung

S P O R T P A R K H A R S E F E L D

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:15 - 10:00 BBP	09:15 - 10:00 Faszien	09:15 - 10:00 Gymnastik	09:15 - 10:15 Pilates	09:15 - 10:15 Indoor Cycling*		10:00 - 11:00 Indoor Cycling* ab 7.10.
09:15 - 10:00 Functional Zirkel Basic ***	09:10 - 10:10 Zirkeltr. Frauenstudio*	10:10 - 10:55 Aqarobic	09:15 - 10:15 Zirkeltr. Frauenstudio*	09:15 + 10:05 Aqarobic		
10:05 - 10:50 Rückenfit	10:15 + 11:05 Aqarobic	11:00 - 11:45 Aqarobic	10:15 + 11:05 Rückenfit	09:15 - 10:15 Tabata		
10:15 - 11:00 Functional Fit&Gesund ***			10:30 - 11:15 Aqarobic			
10:55 - 11:55 Yoga	16:00 + 16:45 Reha-Sport		18:00 - 19:00 Zirkeltr. Frauenstudio*			
18:30 + 19:30 Indoor Cycling*	18:00 - 19:00 Rückenfit		18:30 - 19:15 Rücken Funktion	18:00 - 18:45 Functional Zirkel Basic ***		
19:20 - 20:05 Workout		19:05 - 20:05 Workout	18:30 + 19:30 Indoor Cycling*	19:00 - 20:00 Workout Männer		
20:00 - 20:45 Functional Athletic pur ***	19:05- 19:50 Functional Zirkel Basic ***		19:05 - 19:50 Aqarobic			

* mit Anmeldung *** Anmeldung erforderlich