



Kursplan

16.07.2018 - 22.07.2018

Sportpark Stadtwald
 Stenkhoffstraße 34
 46240 Bottrop
 02041 9 74 74
 info@sportpark-stadtwald.de



Montag 16.07.2018	Dienstag 17.07.2018	Mittwoch 18.07.2018	Donnerstag 19.07.2018	Freitag 20.07.2018	Samstag 21.07.2018	Sonntag 22.07.2018
09:15 - 10:15 Bodyshape	09:15 - 10:15 RÜCKEN SENSITIVE	09:30 - 10:30 YOGA / PILATES	09:15 - 10:00 ZUMBA	09:30 - 10:00 TRX		10:30 - 11:30 BODYSHAPE
10:15 - 10:45 Faszien	10:15 - 11:15 RÜCKEN FIT	09:30 - 10:00 TRX	10:00 - 10:30 Faszien	09:30 - 10:30 BODYSHAPE		11:30 - 12:30 ZUMBA
10:45 - 11:30 YOGA / PILATES	17:30 - 18:30 BODYSHAPE	10:00 - 10:30 CrossX	10:30 - 11:30 RÜCKEN FIT	10:00 - 10:30 CROSSX & TRX		
17:30 - 18:30 STEP	18:00 - 18:30 TRX EINSTEIGER	10:30 - 11:30 BODYSHAPE	10:30 - 11:30 Relax CYCLING	17:30 - 18:15 BODYSHAPE		
18:00 - 18:30 CROSSX	18:00 - 19:00 CYCLING	17:00 - 18:00 RÜCKEN FIT	17:30 - 18:30 PUSH & PULL	18:00 - 19:00 CROSSX & TRX		
18:00 - 19:00 CYCLING	18:30 - 19:30 CROSSX	18:00 - 19:00 BODYART	18:00 - 19:00 CYCLING	18:15 - 19:00 Faszien		
18:30 - 19:00 TRX	18:30 - 19:00 HIT	18:15 - 19:15 CYCLING	18:30 - 19:30 BODYSHAPE	19:00 - 20:00 RÜCKEN FIT		
18:30 - 19:00 BAUCH WORKOUT	19:00 - 19:30 BAUCH WORKOUT	18:30 - 19:30 CROSSX	19:00 - 19:30 TRX			
19:00 - 20:00 PUSH & PULL	19:15 - 20:15 CYCLING	19:00 - 20:00 ZUMBA	19:30 - 20:00 BAUCH WORKOUT			
	19:30 - 20:15 FASZIEN	19:30 - 20:30 CYCLING	19:30 - 20:00 CROSSX			
		20:15 - 21:30 YOGA FITNESS	20:00 - 21:00 RÜCKEN SENSITIVE			

-  Ausdauer
-  Entspannung
-  FUNctional Zone
-  Figur
-  Fun & Dance
-  Gesundheit
-  Kraft

Stand: 21.07.2018