

Kursplan

21.01.2019 - 27.01.2019

Sportpark Stadtwald
 Stenkhoffstraße 34
 46240 Bottrop
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Montag 21.01.2019	Dienstag 22.01.2019	Mittwoch 23.01.2019	Donnerstag 24.01.2019	Freitag 25.01.2019	Samstag 26.01.2019	Sonntag 27.01.2019
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 CROSSX			
	19:30 - 20:15 FASZIEN	19:30 - 20:30 CYCLING	19:30 - 21:00 Hatha YOGA			
		20:15 - 21:30 YOGA FITNESS				

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

Stand: 22.01.2019