

mobile-Kursplan (gültig ab 02.06.2020)

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
		8.00 - 9.00 Morgenfitness (Tennishalle)	8.15 - 9.00 Orthop. Reha R091 (Tennishalle - Dojo)		
8.30 - 9.30 Fit in die Woche (Tennishalle)	8.30 - 9.30 Morgenfitness (Tennishalle - Dojo)		8.30 - 9.30 Beckenbodengym. (Tennishalle)	8.30 - 9.30 Wirbelsäulengym. (Tennishalle)	
9.30 - 10.30 Fit for Fun f. Frauen (Tennishalle)	9.30 - 10.30 Bodystyling (Tennishalle)		9.30 - 10.30 Cardio Workout (Tennishalle)	9.30 - 10.30 Fit Mix (Tennishalle)	
			10.00 - 11.00 Orthop. Reha R066		
10.30 - 11.30 Pilates (Tennishalle - Dojo)	10.30 - 11.30 Bewegt älter werden (Tennishalle)		10.30 - 11.30 BOP (Tennishalle)	10.30 - 11.30 WS - Reha R061 (Tennishalle)	11.00 - 12.00 Zumba (Tennishalle)
15.00 - 16.00 Orthop. Reha R062 (Tennishalle)	15.00 - 16.30 Feldenkrais (Dojo)			14.30 - 15.30 Fit Mix f. Mädchen (Tennishalle)	
16.00 - 17.00 WS-Gymnastik 55+ (Tennishalle)	16.30 - 17.30 Reha nach Brustkrebs R020 (Tennishalle)		15.30 - 16.30 Reha b. Adipositas R063 (Tennishalle)	15.30 - 16.30 Reha nach Brustkrebs R021 (Tennishalle)	
17.00 - 18.00 Reha f. Kinder ab 8 J. R067 (Tennishalle)	17.30 - 18.30 Dance Step Aerobic (Tennishalle)	16.30 - 17.30 WS-Gymnastik (Tennishalle)	17.00 - 18.00 WS-Reha R048 (Tennishalle - Dojo)	16.30 - 17.30 Bodyweight Training (Tennishalle)	
18.00 - 19.00 Wirbelsäulen-Reha R004 (Pestalozzi)	17.45 - 18.45 orthop. Reha R070 (Tennishalle - Dojo)	17.30 - 18.30 Step-Intervall (Tennishalle)	17.30 - 18.30 Orthop. Reha R071 (Tennishalle)	17.30 - 18.30 Power Fitness (Tennishalle)	
18.00 - 19.00 Fit ab 60 (Tennishalle)	18.30 - 19.30 Thay Bo (Tennishalle)	17.45 - 18.45 Orthop. Reha R065 (Tennishalle - Dojo)	18.00 - 19.00 WS-Reha R049 (Tennishalle - Dojo)	18.30 - 19.30 Body Fitness (Tennishalle)	
19.00 - 20.00 Wirbelsäulen-Reha R005 (Pestalozzi)	18.45 - 19.45 sanfte Fitness Frauen (Tennishalle - Dojo)	18.30 - 19.30 Core & More (Tennishalle)	18.00 - 19.00 Faszientraining (Laurentuisschule)		
19.00 - 20.00 Kapow-Fitness (Freiherr-vom-Stein)	19.30 - 20.30 Fitnessgymnastik (Tennishalle)	18.45 - 19.45 Orthop. Reha R069 (Tennishalle - Dojo)	18.30 - 19.30 Jump-fit Frauen (Tennishalle)		
19.00 - 20.00 WS - Gymnastik (Tennishalle)	19.55 - 20.55 sanfte Fitness Frauen (Tennishalle - Dojo)	19.30 - 20.30 MOBILIS Fitness (Tennishalle)	19.00 - 20.00 WS-Reha R050 (Tennishalle - Dojo)	19.30 - 20.30 Orthop. Reha R068 (Tennishalle)	
20.00 - 21.00 Fitnessgymnastik (Tennishalle)	20.30 - 21.30 WS-Gymnastik (Tennishalle)	20.30 - 21.30 WS-Gymnastik (Tennishalle)	19.30 - 20.30 Konditionstraining (Sportplatz Reiningstr.)	20.30 - 21.15 Orthop. Reha R092 (Tennishalle)	
20.15 - 21.15 WS-Reha R090 (Tennishalle - Dojo)			20.30 - 21.30 Konditionstraining (Sportplatz Reiningstr.)		
21.00 - 22.00 Bodyweight Training (Tennishalle)					