

KURSPLAN

KENZINGEN
GÜLTIG AB OKTOBER 2024

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG	
Saal 1/2	Saal 3/4	Saal 1/2	Saal 3/4	Saal 1/2	Saal 3/4	Saal 1/2	Saal 3/4	Saal 1/2	Saal 3/4	Saal 1/2	Saal 3/4
9:00-10:00 Wirbelsäulen gymnastik Ines	9:00-10:00 Figur Fit Andrea	9:00-9:45 Rehasport	9:30-10:15 Aqua Fit Doris	9:00-10:00 Figur Fit Ruth	09:00-09:45 Rehasport Aqua	9:00-9:45 Aqua Fit Ruth	9:00-9:45 Aqua Fit Ruth	9:00-9:45 Rehasport	9:00-10:00 WOD Andrea	9:30-10:30 Faszien Pilates Doris	
10:15-11:00 Rehasport	09:00-09:45 Rehasport Aqua	10:00-11:00 Wirbelsäulen gymnastik Angelika	10:15-11:00 Aqua Fit Doris	10:00-10:45 Rehasport	09:30-10:00 Brain Pur Ines	11:00-11:45 Rehasport	9:00-9:45 Rehasport	9:00-9:45 Rehasport Aqua	9:00-9:45 Rehasport Aqua	11:00-12:00 Faszien Pilates Doris	
	10:00-10:45 Rehasport Aqua				10:00-10:45 Rückgrat Pur / Atmung Ines		09:45-10:30 Aqua Fit Ruth		10:00-10:45 Rehasport		
	10:15-11:30 Yoga Angelika							10:30-11:30 Figur Fit Angelika	11:00-11:45 Rehasport		
	11:15-12:00 Rehasport Stuhl										
14:00-14:45 Rehasport			17:00-17:45 Rehasport Aqua	17:00-17:45 Rehasport	17:00-18:15 Yoga Tanja	17:00-17:45 Rehasport Aqua	17:00-17:45 Rehasport Aqua			10:00-11:30 Indoor Cycling ab 20.10. Tanja	
17:45-18:45 Figur Fit Selina	18:15-19:15 Wirbelsäulen gymnastik Ines	17:45-18:45 Indoor Cycling Andrea	18:00-18:45 Rehasport Aqua	18:00-19:00 Hot Iron Andrea	18:15-19:00 Rehasport Aqua	18:00-19:00 Figur Fit Ruth	18:00-18:45 Aqua Fit Doris	18:00-19:00 Hot Iron Martin		10:15-11:15 Figur Fit Team	
18:00-19:00 WOD Nele	19:30-20:15 Rehasport	19:00-20:00 Figur Fit Andrea	18:30-19:30 Rückgrat Pur / Barfuß Pur Martin	19:15-20:15 Zumba Conny	18:30-19:30 Pilates Doris	19:00-20:00 4STREATZ® Sarah	18:30-19:30 Wirbelsäulen gymnastik Ines				
19:00-20:00 Hot Iron Dennis			19:30-20:15 Rehasport	19:30-20:30 WOD Andrea	19:45-20:30 Rehasport	19:00-20:00 Indoor Cycling Daniela	19:00-20:00 Aqua Cycling Doris	19:15-20:15 Zumba Conny			

SONNTAG

Saal 1/2 Saal 3/4

10:00-11:30
Indoor
Cycling
ab 20.10.
Tanja

10:15-11:15
Figur Fit
Team

Anmeldung: 24h vor
Kursbeginn, telefonisch
oder per GymX App