



- Sportcenter

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SGE-KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
7:00						
8:00		Reha-Sport 8:00 - 8:55				
9:00	Yoga 60 + 9:00 - 10:30	Reha-Sport 9:00 - 9:55		Reha-Sport 9:00 - 9:55		
10:00	Yoga 60 + 10:45 - 12:15	Reha-Sport 10:15 - 11:10	Reha-Sport 10:00 - 10:55	Reha-Sport 10:00 - 10:55		Hit Con 11:00 - 12:00
11:00				Reha-Sport 11:15 - 12:10		
12:00						
13:00	Mittagspause					
14:00	Mittagspause					
15:00						
16:00			Reha-Sport 15:45 - 16:40		Reha-Sport 16:00 - 16:55	
17:00	Reha-Sport 17:00 - 17:55	CrossX Mittelstufe 16:30 - 17:15	Reha-Sport 17:00 - 17:55	CrossX Fortgeschrittene 17:30 - 18:15	Step Aerobic 17:00 - 17:55	
18:00	Step Aerobic 18:00 - 19:00	CrossX Fortgeschrittene 17:30 - 18:15	Wirbelsäulengymnastik 18:00 - 18:45	Bauch-Beine-Po 18:30 - 19:30	Reha Sport 18:30 - 19:30	
19:00	Indoor Cycling 19:00 - 20:00	Qi Gong 18:30 - 19:30	Yoga f. d. Rücken (Fitness-Yoga) 18:55 - 20:25	Indoor Cycling 19:30 - 20:30	Zumba 19:00 - 20:00	
20:00	Cross-Fitness 20:15 - 21:15	Bauch, Beine, Po 19:30 - 20:30	Pilates 20:30 - 21:30	Power-Yoga 20:30 - 21:45		
21:00		Tai Chi (Fortgeschrittene) 20:00 - 21:30				

Arrangements:

Fit-pur	Fit-maXX	Extra Kurse
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18.04.2019