

Kursplan

14.01.2019 - 20.01.2019

Sportpark Monheim GmbH
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Montag 14.01.2019	Dienstag 15.01.2019	Mittwoch 16.01.2019	Donnerstag 17.01.2019	Freitag 18.01.2019	Samstag 19.01.2019	Sonntag 20.01.2019
08:30 - 09:15 Reha-Sport (R2)	08:15 - 09:00 Reha-Sport (R2)	09:00 - 09:55 Yoga (R3)	08:15 - 09:00 Reha-Sport (R2)	08:30 - 09:25 Rücken-Fit (R1+R2)	10:15 - 11:00 Functional Training...	10:10 - 11:05 Fitness Circle (R1+...
09:15 - 10:10 Rücken-Fit (R1+R2)	09:00 - 09:55 Fit 60+ (R2)	10:00 - 10:55 Workout (R2)	09:00 - 09:55 Fit 60+ (R2)	09:30 - 10:15 Reha-Sport (R2)	14:30 - 15:25 Strong by Zumba (R2...	11:15 - 12:10 Hot Iron (R1+R2)
10:15 - 11:10 Yoga (R3)	09:15 - 09:45 Faszientraining (R1...	11:00 - 11:45 TRX (R1) mit Anmeld...	09:15 - 09:45 Faszientraining (R1...	10:30 - 11:15 Reha-Sport (R2)		
10:15 - 11:10 Workout (R1+R2)	10:00 - 10:55 Rücken-Fit (R1+R2)	15:00 - 15:45 Reha-Sport (R2)	10:00 - 10:55 Rücken-Fit (R1+R2)	11:15 - 12:00 Reha-Sport (R2)		
11:15 - 12:00 Reha-Sport (R2)	11:15 - 12:00 Reha-Sport (R2)	15:50 - 16:35 Reha-Sport (R2)	11:15 - 12:00 Reha-Sport (R2)	17:00 - 17:45 Reha-Sport (R2)		
16:00 - 16:45 Reha-Sport (R2)	16:30 - 17:15 Fit 60+ (R2)	17:00 - 17:55 Rücken-Fit (R2)	12:10 - 12:45 Reha-Sport (R2)	18:00 - 18:55 Fitness Kickboxen (...)		
17:00 - 17:45 Reha-Sport (R2)	16:30 - 17:15 Reha-Sport (R2)	18:00 - 18:55 Fatburner Workout (...)	17:15 - 18:00 Reha-Sport (R2)			
18:00 - 18:55 Rücken-Fit (R1+R2)	17:30 - 18:15 Reha-Sport (R2)	19:00 - 19:55 Hot Iron (R1+R2)	18:00 - 18:55 Rücken-Fit (R1+R2)			
19:00 - 19:55 Workout (R1+R2)	17:45 - 18:30 Reha-Sport (R1)	20:00 - 20:55 Yoga (R3)	19:05 - 20:00 Zumba (R2)			
20:05 - 20:50 TRX (R1) mit Anmeld...	18:20 - 18:50 Bauch - Xpress (R1)...	20:05 - 21:00 Faszientraining (R1...	19:05 - 19:35 Bauch - Xpress (R1)...			
20:05 - 21:05 Pilates R2	18:30 - 19:25 Zumba (R2)					

- Ausdauer
- Dance & Fun
- Figur
- Gesundheit
- Kraft

Stand: 16.01.2019

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	<div data-bbox="398 373 660 448" style="background-color: #00FF00; border-radius: 10px; padding: 5px; margin-bottom: 5px;"> 19:30 - 20:25 Rücken-Fit (R1+R2) </div> <div data-bbox="398 459 660 534" style="background-color: #00FF00; border-radius: 10px; padding: 5px;"> 19:30 - 20:30 Reha-Sport (R2) </div>					

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