

Kursplan

15.10.2018 - 21.10.2018

Sportpark Monheim GmbH
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Montag 15.10.2018	Dienstag 16.10.2018	Mittwoch 17.10.2018	Donnerstag 18.10.2018	Freitag 19.10.2018	Samstag 20.10.2018	Sonntag 21.10.2018
08:30 - 09:15 Reha-Sport (R2)	08:15 - 09:00 Reha-Sport (R2)	09:00 - 09:55 Yoga (R2)	07:15 - 08:00 Good Morning Class ...	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)	08:15 - 09:00 Reha-Sport (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...	09:00 - 09:55 Fit 60+ (R2)	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)	09:15 - 09:45 Faszientraining (R1...	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)	10:00 - 10:55 Rücken-Fit (R1+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)	11:15 - 12:00 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 (...)	12:10 - 12:45 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)	17:15 - 18:00 Reha-Sport (R2)			
19:00 - 19:55 Workout (R1+R2)	17:45 - 18:30 Reha-Sport (R1)	20:00 - 20:55 Yoga (R3)	18:00 - 18:55 Rücken-Fit (R1+R2)			
20:05 - 20:50 TRX (R1) mit Anmeld...	18:20 - 18:50 Bauch - Xpress (R1)...	20:00 - 20:55 Step and Tone (R1+R...	19:05 - 20:00 Zumba (R2)			
20:05 - 21:00 Step Aerobic (R2)	18:30 - 19:25 Zumba (R2)		19:05 - 19:35 Bauch - Xpress (R1)...			

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

Stand: 15.10.2018

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	<div data-bbox="398 373 660 448" style="background-color: #0000FF; color: white; padding: 5px; border-radius: 10px;"> 19:00 - 19:55 Pilates (R3) mit An... </div> <div data-bbox="398 459 660 534" style="background-color: #00FF00; color: black; padding: 5px; border-radius: 10px;"> 19:30 - 20:25 Rücken-Fit (R1+R2) </div> <div data-bbox="398 545 660 620" style="background-color: #00FF00; color: black; padding: 5px; border-radius: 10px;"> 19:30 - 20:30 Reha-Sport (R2) </div>		<div data-bbox="981 373 1243 448" style="background-color: #00FF00; color: black; padding: 5px; border-radius: 10px;"> 20:00 - 20:55 Functional Training... </div>			

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