

Kursplan

03.08.2020 - 09.08.2020

Sportpark Monheim GmbH
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Montag 03.08.2020	Dienstag 04.08.2020	Mittwoch 05.08.2020	Donnerstag 06.08.2020	Freitag 07.08.2020	Samstag 08.08.2020	Sonntag 09.08.2020
09:00 - 09:40 Yoga (R1+R2)	09:00 - 09:55 Fit 60+ (R1+R2)	09:00 - 09:50 Rücken-Fit (R1+R2)	09:00 - 09:55 Fit 60+ (R1+R2)	08:10 - 09:00 Rücken-Fit (R1+R2)	11:00 - 12:00 Zumba (R1+R2)	10:15 - 11:30 Circle + Stretch (R...)
09:45 - 10:35 Rücken-Fit (R1+R2)	10:00 - 10:50 Rücken-Fit (R1+R2)	10:00 - 10:50 Workout (R1+R2)	10:00 - 10:50 Rücken-Fit (R1+R2)	09:10 - 10:00 Workout (R1+R2)		
10:45 - 11:35 Workout (R1+R2)	11:00 - 11:30 Mixed Mobility	17:00 - 17:50 Rücken-Fit (R1+R2)	11:00 - 11:30 Mixed Mobility			
18:00 - 18:50 Rücken-Fit (R1+R2)	18:00 - 18:50 Zumba (R1+R2)	18:00 - 18:50 Workout (R1+R2)	18:00 - 18:50 Rücken-Fit (R1+R2)			
19:00 - 20:00 Workout (R1+R2)	19:00 - 19:55 Yoga (R1+R2)	19:00 - 19:50 Iron Pump (R1+R2)	19:00 - 19:50 Workout (R1+R2)			
20:10 - 21:00 Pilates (R1+R2)		20:00 - 20:50 Mixed Mobility	20:00 - 21:00 Yoga (R1+R2)			

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

Stand: 09.08.2020