

Kursplan Sportpark Asbach

Gültig ab 01.12.2019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag	Reha Kurse
9:30 - 10:00 Cardio		9:30 - 10:30 Fit im Rücken				Montag 11:00 - 11:45 16:15 - 17:00
10:00 - 11:00 Body Balance	10:00 - 11:00 Bauch Beine Po	10:30 - 11:00 Bauch		10:00 - 11:00 Bauch Beine Po		Dienstag: 11:00 - 11:45 16:15 - 17:00 17:00 - 17:45
18:00 - 19:00 Jumping Fitness	18:00 - 18:30 Bauch	18:00 - 18:30 GRIT	18:00 - 18:30 Bauch	17:00 - 18:00 Fit im Rücken		Mittwoch: 17:00 - 17:45
19:00 - 19:30 GRIT	18:30 - 19:30 Body Pump	18:30 - 19:30 Jumping Fitness	18:30 - 19:30 Body Pump	18:00 - 19:00 Zumba		Donnerstag: 11:00 - 11:45 16:00 - 16:45 17:00 - 17:45
19:30 - 20:30 Cycling *	19:30 - 20:30 Body Balance	19:30 - 20:30 Zumba	19:30 - 20:30 Body Balance			Freitag: 11:00 - 11:45 16:00 - 16:45