

KURSANGEBOT SPORTPARK ASBACH

MONTAG	DIENSTAG	MITWOCH	DONNERSTAG	FREITAG	REHA-KURSE (nur mit Verordnung)
09:30 - 10:00 CARDIO	10:00 - 11:00 JUMPING FITNESS	09:30 - 10:30 FIT IM RÜCKEN	10:00 - 11:00 STEP ab 05.03.19	09:30 - 10:30 BAUCH BEINE PO	MONTAG 11:00 - 11:45 16:15 - 17:00
10:00 - 11:00 BODY BALANCE		10:30 - 11:00 BAUCH PUR		10:30 - 11:00 BAUCH PUR	DIENSTAG 11:00 - 11:45 16:15 - 17:00 17:00 - 17:45
18:00 - 19:00 STRONG BY ZUMBA	18:30 - 19:30 BODYPUMP		18:00 - 18:30 BAUCH PUR	17:00 - 18:00 FIT IM RÜCKEN	MITTWOCH 17:00 - 17:45
19:00 - 20:00 JUMPING FITNESS	19:30 - 20:30 BODY BALANCE	18:30 - 19:30 JUMPING FITNESS	18:30 - 19:30 BODYPUMP	18:00 - 19:00 JUMPING FITNESS	DONNERSTAG 11:00 - 11:45 16:00 - 16:45 17:00 - 17:45
20:00 - 21:00 Cycling		19:30 - 20:30 ZUMBA	19:30 - 20:30 BODY BALANCE		Freitag 11:00 - 11:45 16:00 - 16:45
Kinderbetreuungszeiten					
09:30 - 11:30	17:45 - 19:45	09:30 - 11:30	17:00 - 19:45	09:30 - 11:00	

