

Kursplan

11.12.2017 - 17.12.2017

Sport(box) Sport[BOX]
 Alte Straße 29 ...mehr Sport am Sport
 44143 Dortmund
 0231 5620720
 sportbox-dortmund@gmx.de

Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
09:15 - 10:15 Cycling	09:15 - 10:15 Xco	09:15 - 10:15 Fitness Zirkel 55+	09:15 - 10:15 Bodystyling	09:15 - 10:15 Cycling	11:00 - 11:45 TRX	10:15 - 11:15 Langhantel Workout
09:15 - 10:15 Rücken & Relax 55+	10:15 - 11:30 Yoga	09:15 - 10:15 Pilates	10:15 - 11:30 Yoga	09:15 - 10:15 Club 55+	12:00 - 13:00 Pilates	11:15 - 12:15 Kurs Special (Doubl...
10:15 - 11:15 Faszientraining	17:00 - 17:45 TRX	10:15 - 11:15 Fatburner BOP	18:00 - 18:45 TRX	10:15 - 11:30 Kombi-Workout	14:30 - 15:00 Body Combat Technik	11:30 - 12:30 Cycling
18:00 - 19:00 Pilates	18:00 - 18:45 Functional Training...	10:30 - 11:15 TRX	18:00 - 19:00 Pilates	16:45 - 17:45 Langhantel Workout	15:00 - 16:00 Body Combat	12:30 - 13:15 TRX
18:00 - 19:00 Cycling - Intervall...	18:00 - 19:00 Faszientraining	17:30 - 18:00 Bauch - Intensiv	19:00 - 20:00 Bodystyling	18:00 - 19:00 Cycling	16:00 - 16:30 Bauch - Intensiv	
19:00 - 20:00 Step 3	18:30 - 19:30 Cycling	18:00 - 19:00 deepWork	19:00 - 20:00 Cycling	18:00 - 19:00 Piloxing		
19:00 - 20:00 Cycling - Fatburner...	18:30 - 19:45 Yoga	18:30 - 20:00 Cycling	19:15 - 20:30 Yoga			
20:00 - 21:00 BOP + Rückenfit	19:00 - 20:00 Langhantel Workout	19:00 - 20:00 Langhantel Workout	20:00 - 21:00 deepWork			
20:00 - 20:45 Functional Training...	20:00 - 21:00 Body Combat	20:00 - 21:00 Fatburner BOP	20:00 - 21:00 Faszientraining			

■ Figurstraffung/G... ■ Herz-Kreislauf-T... ■ Körper & Entspan... ■ Rücken & Gesundh...

Stand: 11.12.2017

Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
		<div style="background-color: #0070C0; color: white; padding: 5px; border-radius: 5px;"> 21:00 - 21:45 Functional Training... </div>				

■ Figurstraffung/G...
 ■ Herz-Kreislauf-T...
 ■ Körper & Entspan...
 ■ Rücken & Gesundh...

Stand: 11.12.2017