

Kursplan

14.01.2019 - 20.01.2019

Sport(box)
 Alte Straße 29
 44143 Dortmund
 0231 5620720
 sportbox-dortmund@gmx.de

Sport[BOX]
 ...mehr Spaß am Sport

Montag 14.01.2019	Dienstag 15.01.2019	Mittwoch 16.01.2019	Donnerstag 17.01.2019	Freitag 18.01.2019	Samstag 19.01.2019	Sonntag 20.01.2019
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	10:15 - 10:45 Body Combat Technik...	10:15 - 11:15 Langhantel Workout
09:15 - 10:15 Rücken & Relax 55+	10:15 - 11:30 Yoga	09:15 - 10:15 Fatburner BOP	10:15 - 11:30 Yoga	09:15 - 10:15 Club 55+	10:45 - 11:45 Body Combat	11:15 - 12:15 Kurs Special (Dance...
10:15 - 11:15 Xco & Faszientraini...	17:00 - 17:45 TRX	10:15 - 11:15 Pilates	18:00 - 18:45 TRX	10:15 - 11:30 Kombi-Workout	11:00 - 11:45 TRX	11:30 - 12:30 Cycling
18:00 - 19:00 Pilates	18:00 - 19:00 Body Combat	10:30 - 11:15 TRX	18:00 - 19:00 Pilates	17:00 - 18:00 Langhantel Workout	12:00 - 13:00 Pilates	
18:00 - 19:00 Cycling - Intervall...	18:00 - 19:00 Cycling	17:30 - 18:00 Bauch - Intensiv	18:00 - 18:45 Functional Training...	17:30 - 19:00 Forest Yoga		
19:00 - 20:00 Step 3	18:00 - 18:45 Functional Training...	18:00 - 19:00 deepWork	19:00 - 20:00 Bodystyling	18:00 - 19:00 deepWork		
19:00 - 20:00 Cycling - Fatburner...	18:45 - 20:00 Yoga	18:30 - 20:00 Cycling	19:00 - 20:00 Cycling	18:15 - 19:15 Cycling		
20:00 - 21:00 BOP + Rückenfit	19:00 - 20:00 Langhantel Workout	19:00 - 20:00 Langhantel Workout	19:00 - 20:15 Yoga			
20:00 - 20:45 Functional Training...		20:00 - 21:00 Fatburner BOP				
		21:00 - 21:45 Functional Training...				
		21:00 - 21:45 TRX				

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

Stand: 18.01.2019