

# Kursplan

11.09.2017 - 24.09.2017

Sport(box)  
Alte Straße 29  
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| Montag 11.09.2017                       | Dienstag 12.09.2017                 | Mittwoch 13.09.2017                     | Donnerstag 14.09.2017                   | Freitag 15.09.2017              | Samstag 16.09.2017                      | Sonntag 17.09.2017                      |
|-----------------------------------------|-------------------------------------|-----------------------------------------|-----------------------------------------|---------------------------------|-----------------------------------------|-----------------------------------------|
| 09:15 - 10:15<br>Cycling*** 1.+3. Mo... | 09:00 - 10:00<br>Training           | 09:15 - 10:15<br>Fitness Zirkel 65+     | 09:30 - 10:30<br>Body Workout           | 09:30 - 10:30<br>Club 65+       | 10:15 - 10:45<br>Body Combat Technik... | 10:15 - 11:15<br>Langhantel Workout     |
| 09:30 - 10:30<br>Rücken & Relax         | 09:30 - 10:30<br>Xco                | 09:30 - 10:30<br>Fatburner Workout      | 10:30 - 11:15<br>RehaSport              | 10:30 - 11:30<br>Body Workout   | 10:45 - 11:45<br>Body Combat            | 11:15 - 12:15<br>Dance/Step im Wechs... |
| 10:30 - 11:30<br>Body Workout           | 10:45 - 12:00<br>Yoga               | 10:30 - 11:30<br>Rückenfit              | 10:45 - 12:00<br>Yoga                   | 11:30 - 12:15<br>RehaSport      | 12:00 - 13:00<br>Body Balance           | 11:30 - 12:30<br>Cycling                |
| 11:30 - 12:15<br>RehaSport              | 10:45 - 11:30<br>RehaSport          | 10:30 - 11:15<br>TRX                    | 11:15 - 12:00<br>RehaSport              | 18:00 - 19:15<br>Yoga           |                                         |                                         |
| 17:00 - 17:45<br>RehaSport              | 11:30 - 12:15<br>RehaSport          | 11:30 - 12:15<br>RehaSport              | 16:15 - 17:00<br>RehaSport              | 18:30 - 19:30<br>After Work Fit |                                         |                                         |
| 18:00 - 19:00<br>Pilates                | 12:15 - 13:00<br>RehaSport          | 17:00 - 17:45<br>RehaSport              | 17:00 - 17:45<br>RehaSport              | 19:30 - 20:15<br>RehaSport      |                                         |                                         |
| 18:15 - 19:15<br>Cycling                | 18:00 - 19:00<br>Body Combat        | 18:00 - 19:00<br>Bodystyling            | 18:00 - 19:00<br>Pilates                | 19:30 - 20:15<br>TRX            |                                         |                                         |
|                                         | 18:00 - 19:00<br>Body Combat        | 18:15 - 19:30<br>Yoga                   | 18:00 - 19:00<br>Cycling                |                                 |                                         |                                         |
|                                         | 19:15 - 20:45<br>Yoga               | 18:30 - 20:00<br>Cycling                | 19:15 - 20:15<br>Langhantel Workout     |                                 |                                         |                                         |
|                                         | 19:15 - 20:15<br>Langhantel Workout | 18:30 - 19:30<br>Cycling                | 20:30 - 21:15<br>Functional Training... |                                 |                                         |                                         |
|                                         |                                     | 19:15 - 20:00<br>Functional Training... |                                         |                                 |                                         |                                         |

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

Trainingsfläche

Stand: 29.04.2025