

# Kursplan: Kursraum

31.03.2025 - 06.04.2025

Sport(box)  
 Alte Straße 29  
 44143 Dortmund  
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Montag 31.03.2025	Dienstag 01.04.2025	Mittwoch 02.04.2025	Donnerstag 03.04.2025	Freitag 04.04.2025	Samstag 05.04.2025	Sonntag 06.04.2025
09:15 - 10:15 Cycling*** 1.+3. Mo...	09:30 - 10:30 Xco	09:15 - 10:15 Fitness Zirkel 65+	09:30 - 10:30 Body Workout	09:30 - 10:30 Club 65+	10:15 - 10:45 Body Combat Technik...	10:15 - 11:15 Langhantel Workout
09:30 - 10:30 Rücken & Relax	10:45 - 12:00 Yoga	09:30 - 10:30 Fatburner Workout	10:45 - 12:00 Yoga	10:30 - 11:30 Body Workout	10:45 - 11:45 Body Combat	11:15 - 12:15 Dance/Step im Wechs...
10:30 - 11:30 Body Workout	18:00 - 19:00 Body Combat	10:30 - 11:30 Rückenfit	18:00 - 19:00 Pilates	18:00 - 19:15 Yoga	12:00 - 13:00 Body Balance	11:30 - 12:30 Cycling
18:00 - 19:00 Pilates	19:15 - 20:45 Yoga	10:30 - 11:15 TRX	18:00 - 19:00 Cycling	18:30 - 19:30 After Work Fit		
18:15 - 19:15 Cycling	19:15 - 20:15 Langhantel Workout	18:00 - 19:00 Bodystyling	19:15 - 20:45 Badminton - Point	19:30 - 20:15 TRX		
		18:15 - 19:30 Yoga	19:15 - 20:15 Langhantel Workout			
		18:30 - 19:30 Cycling	20:30 - 21:15 Functional Training...			

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

Stand: 03.04.2025