

Kursplan: Kursraum

07.06.2021 - 13.06.2021

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

Sport[BOX]
 ...mehr Sport am Sport

Montag 07.06.2021	Dienstag 08.06.2021	Mittwoch 09.06.2021	Donnerstag 10.06.2021	Freitag 11.06.2021	Samstag 12.06.2021	Sonntag 13.06.2021
09:15 - 10:15 Cycling	09:15 - 10:15 Xco	09:15 - 10:15 Fitness Zirkel 55+	09:30 - 10:30 Bodystyling	09:30 - 10:30 Club 55+	10:15 - 11:15 Body Combat	10:30 - 11:30 Langhantel Workout
09:30 - 10:30 Rücken & Relax 55+	10:15 - 11:30 Yoga	09:30 - 10:30 Fatburner BOP	10:45 - 11:45 Balance Workout	10:45 - 11:45 Kombi-Workout	11:30 - 12:30 Pilates	11:45 - 12:45 Bodyart
10:45 - 11:45 XCO & Faszientraining	18:00 - 19:00 Body Combat	10:30 - 11:15 TRX	18:00 - 19:00 Pilates	17:30 - 19:00 Yoga	12:45 - 13:45 Pilates	
18:00 - 19:00 Pilates	19:00 - 20:00 Langhantel Workout	10:45 - 11:45 Pilates	18:30 - 19:30 Cycling			
18:00 - 19:00 Cycling	19:15 - 20:45 Yoga	17:30 - 18:00 Bauch - Intensiv	19:45 - 20:45 Bodystyling			
19:00 - 20:00 Step 3		18:00 - 19:00 deepWork				
20:00 - 21:00 BOP + Rückenfit		19:00 - 20:00 Langhantel Workout				
		20:00 - 21:00 Fatburner BOP				
		21:00 - 21:45 TRX				

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

Stand: 12.06.2021