

Kursplan

23.05.2022 - 29.05.2022

Sportpark Stadtwald
 Stenkhoffstraße 34
 46240 Bottrop
 02041 9 74 74
 info@sportpark-stadtwald.de



Montag 23.05.2022	Dienstag 24.05.2022	Mittwoch 25.05.2022	Donnerstag 26.05.2022	Freitag 27.05.2022	Samstag 28.05.2022	Sonntag 29.05.2022
09:30 - 10:20 BODYSHAPE	09:15 - 10:05 RÜCKEN SENSITIVE	09:30 - 10:20 YOGA	09:30 - 10:30 ZUMBA	09:30 - 10:20 BODYSHAPE		10:00 - 10:50 BODYSHAPE
10:30 - 11:20 YOGA	10:15 - 11:05 RÜCKEN FIT	10:30 - 11:20 BODYSHAPE	10:30 - 11:20 RÜCKEN FIT	10:30 - 11:20 CROSSX & TRX		11:00 - 11:50 Pilates
17:30 - 18:30 CYCLING	11:30 - 12:30 CYCLING	17:00 - 17:50 RÜCKEN FIT	18:00 - 19:00 CYCLING	16:30 - 17:20 BODYSHAPE		12:00 - 12:50 BODYSHAPE
17:30 - 18:20 BODYSHAPE	17:30 - 18:20 BODYSHAPE	18:00 - 18:50 BODYART	18:30 - 19:15 Bodyshape	17:00 - 18:00 CROSSX & TRX		
18:00 - 19:00 CROSSX & TRX	18:30 - 19:45 YOGA	18:30 - 19:30 Power crossX	19:00 - 20:00 CROSSX & Trx	17:30 - 18:30 Step		
18:30 - 19:00 BAUCH WORKOUT	18:30 - 19:30 CROSSX & Trx	19:00 - 20:00 DANCE	19:30 - 21:00 Hatha YOGA	18:30 - 19:15 RÜCKEN FIT		
18:45 - 19:45 CYCLING		20:15 - 21:30 YOGA Fitness				
19:00 - 19:50 PUSH & PULL						

- Ausdauer
- Entspannung
- FUNctional Zone
- Figur
- Fun & Dance
- Gesundheit
- Kraft

Stand: 28.05.2022