

Kursplan City Fitness Schweinfurt Herbst/Winter 2018/19

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
8.30 – 9.15 Rehasportgruppe		8.30 – 9.15 Rehasportgruppe	8.30 – 9.15 Rehasportgruppe		
9.15 – 10.00 Pilates + Rücken	9.15 – 10.00 TRX®	9.15 – 10.00 ** Bauch-Beine-Po	9.15 – 10.00 Piloxing Barre®	8.30 – 9.15 ** Wirbelsäulengymnastik	10.30 – 11.15 TRX®
10.00 – 10.45 Rehasportgruppe	10.00 – 10.45 ** Indoor-Cycling	10.00 – 10.45 Rehasportgruppe	10.00 – 10.45 Rehasportgruppe	9.15 – 10.15 Yoga/Bodega moves®	11.15 – 12.00 ** Bauch-Beine-Po/Tabata
16.00 – 17.00 Uhr Yoga/Bodega moves®					
16.30 – 17.15 Rehasportgruppe	16.30 – 17.15 Rehasportgruppe	16.30 – 17.15 Rehasportgruppe	17.30 – 18.30 Kung Fu Kids 7-12 J.	16.30 – 17.15 Rehasportgruppe	
17.00 – 18.00 Strong by Zumba®	17.15 – 18.00 Aerobic® / Step	17.15 – 18.00 ** Bauch-Beine-Po/Tabata	17.00 – 17.45 ** Functionaltraining	17.15 – 18.00 Piloxing Knockout®	
17.15 – 18.00 Pilates + Rücken	17.30 – 18.00 Fascientraining/Blackroll®	18.00 – 18.45 Thai-Bo/KamiBo	17.45 – 18.30 4STREATZ®/Aerobic	18.00 – 19.00 deepWORK®	
18.00 – 18.45 Piloxing®	18.00 – 19.00 Strong by Zumba®	18.00 – 18.45 ** Indoor-Cycling	18.30 – 19.30 Strong by Zumba®	19.00 – 19.45 Bodywork	
18.45 – 19.30 Bodywork	19.00 – 19.45 Piloxing Barre®	18.45 – 19.45 Piloxing®	18.45 – 19.45 Tai Chi / Qi Gong	19.45 – 20.30 ShadowboxerPerformance®	
19.30 – 20.30 Fitness-Boxen	18.45 – 19.45 Tai Chi / Qi Gong	19.45 – 20.45 deepWORK®	19.30 – 20.15 Rehasportgruppe		
19.30 – 20.15 Rehasportgruppe	19.45 – 20.30 TRX/TRX Yoga®		19.45 – 20.45 Kung Fu		Unterer Kursraum
	19.45 – 20.45 Kung Fu			Gültig ab 1. Oktober`18	Änderungen vorbehalten!