

## Kursplan City Fitness Schweinfurt Herbst/Winter 2018/19 gültig ab 1. Januar 2019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
<b>8.30 – 9.15</b> <b>Rehasportgruppe</b>		<b>8.30 – 9.15</b> <b>Rehasportgruppe</b>	<b>8.30 – 9.15</b> <b>Rehasportgruppe</b>		10.15 – 11.00 TRX®
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	11.00 – 11.45 ** Bauch-Beine-Po/Tabata
<b>10.00 – 10.45</b> <b>Rehasportgruppe</b>	10.00 – 10.45 ** Indoor-Cycling	<b>10.00 – 10.45</b> <b>Rehasportgruppe</b>	<b>10.00 – 10.45</b> <b>Rehasportgruppe</b>	9.15 – 10.15 Yoga/Bodega moves®	11.45 – 12.15 Strong30 by Zumba®
16.00 – 17.00 Uhr Yoga/Bodega moves®					
<b>16.30 – 17.15</b> <b>Rehasportgruppe</b>	<b>16.30 – 17.15</b> <b>Rehasportgruppe</b>	<b>16.30 – 17.15</b> <b>Rehasportgruppe</b>	<b>17.30 – 18.30</b> <b>Kung Fu Kids 7-12 J.</b>	<b>16.30 – 17.15</b> <b>Rehasportgruppe</b>	
17.00 – 18.00 Strong by Zumba®	17.15 – 18.00 Breakletics® - NEU-	17.15 – 18.00 ** Bauch-Beine-Po/Tabata	17.00 – 17.45 Shadowboxer® Performance	17.15 – 18.00 Piloxing Knockout®	
<b>17.15 – 18.00</b> <b>Pilates + Rücken</b>	<b>17.30 – 18.00</b> <b>Fascientraining/Blackroll®</b>	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®	<b>18.45 – 19.45</b> <b>Tai Chi / Qi Gong</b>	19.45 – 20.30 Breakletics® - NEU-	
19.30 – 20.30 Fitness-Boxen	<b>18.45 – 19.45</b> <b>Tai Chi / Qi Gong</b>	19.45 – 20.45 deepWORK®	<b>19.30 – 20.15</b> <b>Rehasportgruppe</b>		
<b>19.30 – 20.15</b> <b>Rehasportgruppe</b>	19.45 – 20.30 TRX/TRX Yoga®		<b>19.45 – 20.45</b> <b>Kung Fu</b>		Unterer Kursraum
	<b>19.45 – 20.45</b> <b>Kung Fu</b>			Gültig ab 1. Januar`19	<b>Änderungen vorbehalten!</b>