

# Kursplan: Aerobicraum

03.08.2020 - 09.08.2020

Sportpark Nord-West  
Am Schallerseck 33-35  
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Montag 03.08.2020	Dienstag 04.08.2020	Mittwoch 05.08.2020	Donnerstag 06.08.2020	Freitag 07.08.2020	Samstag 08.08.2020	Sonntag 09.08.2020
09:15 - 10:15 Gesunder Rücken	09:15 - 10:15 Pilates	09:15 - 10:15 Gesunder Rücken	09:15 - 10:15 BBP / Jumping Fitne...	09:15 - 10:15 Cardio Bodystyling	10:00 - 10:30 Freestyle Circuit	10:00 - 11:00 Gesunder Rücken
09:15 - 10:15 Cycle - Sensitive (...)	18:00 - 19:00 Jumping Fitness	09:15 - 10:15 Cycle - Senioren (O...	17:00 - 18:00 Pilates	09:15 - 10:15 Cycle - Sensitive (...)	11:00 - 12:00 Cycle - Intervall	11:00 - 11:30 Faszientraining
09:30 - 10:00 Freestyle Circuit	18:00 - 19:00 Cycle - Intervall	09:30 - 10:00 Senioren Zirkel (Ko...	18:00 - 19:00 Yoga	09:15 - 09:45 Senioren Zirkel (Kr...	16:00 - 16:30 Freestyle Circuit	11:00 - 12:00 Cycle
10:15 - 11:15 Bodystyling	18:00 - 19:00 Spontane Zirkeltra...	10:15 - 11:15 Zumba	18:00 - 19:00 Spontane Zirkeltra...	10:15 - 11:15 Gesunder Rücken	16:40 - 16:50 Tabata	15:00 - 15:30 Freestyle Circuit
18:00 - 19:00 Spontane Zirkeltra...	19:00 - 20:00 Zumba	18:00 - 19:00 Aerial-Yoga	19:00 - 20:00 Jumping Fitness	18:00 - 19:00 Fit-Boxen	17:00 - 17:30 Bauch- und Rückenru...	
18:30 - 20:00 Cycle - Intervall	20:00 - 21:30 Yoga	18:00 - 19:00 Spontane Zirkeltra...		18:00 - 19:00 Cycle - Sensitive (...)		
18:30 - 19:30 Bodystyling		19:30 - 20:30 Hot Muscle		18:00 - 19:00 Spontane Zirkeltra...		
19:30 - 20:30 Gesunder Rücken				19:00 - 20:00 Hot Muscle		

- Cycling
- Fettverbrennung
- Flächen Kurse
- Kräftigung & Str...
- Rehasport
- Rücken & Entspan...

Stand: 09.08.2020