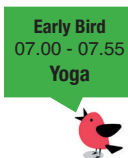


HERBST/WINTER-KURSPROGRAMM 2019/2020

NICHT JEDER KURS IST AM ANFANG FÜR DICH GEEIGNET (je nach persönlichem Trainingszustand).
Das Trainerteam der Halle 22 berät Dich auch hierbei kompetent.



	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG		
	Kursraum 1	Kursraum 2	IndoorCycling	Kursraum 1	Kursraum 2	IndoorCycling	Kursraum 1	Kursraum 2	IndoorCycling	Kursraum 1	Kursraum 2	IndoorCycling	Kursraum 1	Kursraum 2	IndoorCycling	Kursraum 1	Kursraum 2	IndoorCycling	Kursraum 1	Kursraum 2	IndoorCycling
08.00																					
08.30				08.15 - 09.00 Rehasport				08.15 - 09.00 Rehasport													
09.00				09.15 - 10.00 Rehasport	09.00 - 09.55 Pilates					09.00 - 09.55 Body Workout	09.00 - 09.55 Yoga						09.15 - 10.00 Rehasport				
09.30	09.30 - 10.25 Yoga	09.30 - 10.10 TRX					09.30 - 10.25 Step	09.30 - 10.25 Vital 60+					09.30 - 10.25 Step	09.30 - 10.25 Pilates							
10.00				10.15 - 10.55 BOP	10.00 - 10.55 Pilates					10.00 - 10.45 Stretch & Relax											
10.30	10.30 - 11.25 Pilates	10.15 - 10.55 BOP	10.30 - 11.25 Indoor Cycling				10.30 - 11.25 3D-Rücken						10.30 - 11.25 Body Workout	10.30 - 11.25 Qi Gong			10.30 - 11.25 Qi Gong		10.00 - 10.55 Body Workout	10.30 - 11.55 Yoga	
11.00				11.00 - 11.45 Stretch & Relax				10.45 - 11.30 Rehasport													11.00 - 11.55 Indoor Cycling
11.30																					
12.00																					
12.30																					
13.00																					
13.30																					
14.00																					
14.30																					
15.00					15.00 - 15.45 Ballett (3-4 J.) (P)			15.00 - 15.45 Ballett (4-6 J.) (P)			15.00 - 15.45 Ballett (4-6 J.) (P)			15.00 - 15.45 Rehasport		15.00 - 15.55 Step					
15.30																	15.30 - 16.25 Basic Cycling				
16.00	16.00 - 16.55 Ki-Karate (4-7 J.) (P)							16.00 - 16.55 Ballett (8-9 J.) (P)			16.00 - 16.55 Ballett (6-7 J.) (P)			16.00 - 16.45 Rehasport		16.00 - 16.55 Body Workout					
16.30																					
17.00	17.00 - 17.55 Ki-Karate (8-13 J.) (P)	17.00 - 17.55 3D-Rücken			17.00 - 17.45 Yoga Kids (ab 8 J.) (P)		17.00 - 17.45 Rehasport	17.00 - 17.55 Ballett (ab 14 J.) (P)		17.00 - 17.45 Hot Iron Youngstar (ab 8 J.) (P)	17.00 - 17.55 Ballett (9-13 J.) (P)										
17.30				17.30 - 18.25 Body Workout									17.30 - 18.25 Hip Hop (ab 8 J.) (P)	17.45 - 18.25 TRX	17.30 - 18.25 Indoor Cycling						
18.00	18.00 - 18.55 Body Workout	18.15 - 19.10 Yoga	18.00 - 18.55 Indoor Cycling		18.00 - 18.55 Pilates	18.00 - 18.55 Indoor Cycling	18.00 - 19.10 Yoga	18.00 - 18.40 FunctionalBoot-camp	18.30 - 19.25 Indoor Cycling	18.00 - 18.55 Step	18.00 - 18.55 Aerobic	18.00 - 18.55 Fatburner Cycling									
18.30				18.30 - 19.25 Zumba	19.00 - 19.25 Powerbauch	19.00 - 19.55 Fatburner Cycling		18.45 - 19.25 TRX		19.00 - 19.25 Powerbauch	19.00 - 19.55 Pilates	19.00 - 19.55 Indoor Cycling	18.30 - 19.45 Fitness Boxen	18.30 - 19.25 Rückenfit	18.30 - 19.25 Professional Cycling						
19.00	19.00 - 19.55 Step	19.15 - 19.55 Step	19.00 - 19.55 Basic Cycling	19.30 - 20.25 Step	19.30 - 20.25 T.Bo		19.15 - 20.10 Yoga	19.30 - 20.10 Rückenfit		19.30 - 20.25 Hot Iron											
19.30																					
20.00	20.00 - 20.55 Hot Iron	20.00 - 21.15 Yoga					20.15 - 20.55 BOP	20.15 - 20.55 TRX		20.15 - 21.00 Rehasport											
20.30				20.30 - 21.55 Karate (Kickboxen)																	
21.00																					

SCHWIERIGKEITSGRADE DER EINZELNEN KURSSTUNDEN: ● FÜR ALLE ● FÜR KIDS ● LEICHT ● MITTEL ● SCHWER (P) PAUSE IN DEN SCHULFERIEN

gültig ab 01.10.2019