

# Kursplan

16.10.2017 - 22.10.2017

**HOUSE OF SPORTS**  
 Orchideenstr. 18  
 90542 Eckental/Brand  
 09126 8887  
 info@houseofsports.de



Montag 16.10.2017	Dienstag 17.10.2017	Mittwoch 18.10.2017	Donnerstag 19.10.2017	Freitag 20.10.2017	Samstag 21.10.2017	Sonntag 22.10.2017
09:00 - 09:45 FT-Bodyforming	08:00 - 09:00 Reha Sport	09:00 - 10:00 Rücken Aktiv	09:00 - 09:45 FT-Mobility	09:00 - 10:00 Workout Mix	10:00 - 11:00 Zumba	
10:00 - 11:00 Pilates & Relax	09:00 - 09:45 FT-Mobility	10:00 - 10:45 FT-Bodyforming	17:30 - 18:30 Reha Sport	10:00 - 11:00 Yoga	11:00 - 11:45 FT-Fatburner	
11:00 - 12:00 Reha Sport	10:00 - 10:45 FT-Fatburner	16:30 - 17:30 Hip Dance Moves Kid.	18:30 - 19:30 Zumba	11:00 - 12:00 Reha Sport		
18:00 - 19:00 Dance Aerobic	16:30 - 17:30 Hip Dance Moves Min.	17:30 - 18:30 Reha Sport	19:30 - 20:15 TRX Workout	15:00 - 16:00 Hip Dance Moves Kid.		
18:00 - 18:45 FT-Mobility	17:30 - 18:30 Hip Dance Moves Tee.	18:30 - 19:30 Workout-Mix		16:00 - 17:00 Hip Dance Moves Jun.		
19:00 - 20:00 Bodystyling	18:30 - 19:30 Reha Sport	19:30 - 20:30 Yoga		17:00 - 18:00 Hip Dance Moves Pro.		
	19:00 - 19:45 FT-Bodyforming	20:00 - 20:45 FT-Fatburner		18:00 - 18:45 FT-Fatburner		
	19:30 - 20:30 Pilates & Relax			18:00 - 19:00 Hip Dance Moves Tee.		
				19:00 - 19:30 Faszienworkout		

Fitnesstraining
 
 Funktionstraining
 
 Hip Dance Moves\*...
 
 Reha Sport\*

Stand: 20.10.2017