

# Kursplan

20.08.2018 - 26.08.2018

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



Montag 20.08.2018	Dienstag 21.08.2018	Mittwoch 22.08.2018	Donnerstag 23.08.2018	Freitag 24.08.2018	Samstag 25.08.2018	Sonntag 26.08.2018
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
 
 Funktionstrainin...
 
 Hip Dance Moves\*...
 
 Reha Sport\*

Stand: 21.08.2018