KURSPLAN ERWACHSENE (WIRD AKTUALISIERT)

Änderungen vorbehalten

SPORTZENTRUM

MONTAG

- Pilates II
  09:00-10:15 | KR | Elisa/Anja S.
- Bodyfit I-II
  09:15-10:10 | Saal 2 | Olena
- Langhantel Workout
  10:15-11:10 | Saal 2 | Olena
- Rückenfit I-II
  10:30-11:25 | | Felix
- Pilates Beckenboden ❤
  11:30-12:25 | KR | Felix
- Yoga Basic
  12:30-13:55 | KR | Felix
- Vinyasa Yoga I-II, Online
  18:00-19:25 | Online | Natascha
- Langhantel Workout
  18:00-18:55 | KR | Brit
- Bauch Express II-III
  19:00-19:30 | KR | Brit
- Bodyfit I-II
  19:00-19:55 | Saal 3 | Nathalie
- Cycling
  19:35-20:30 | KR | Aline
- African Dance
  20:00-21:15 | Saal 3 | Nathalie

DIENSTAG

- Pilates II
  08:00-09:00 | Saal III | Anja S.
- Dynamic Workout
  08:00-08:55 | Outdoor/KR | Monica
- Qi Gong Beckenboden ❤
  08:45-09:55 | Saal 2 | Ricarda
- Vinyasa Yoga II
  09:00-10:25 | Saal III | Nadine
- Rückenfit I-II ❤
  09:00-09:55 | Outdoor/KR | Monica
- Flow Yoga II
  09:00-10:25 | Saal 3 | Nadine
- Bodyfit I ❤
  10:00-10:55 | Saal 2 | Margitta
- Yoga Basic
  10:30-11:55 | Saal III | Nadine
- Für Junggebliebene ❤
  11:00-11:55 | Saal 2 | Margitta
- Sport & Spiel ❤
  12:30-13:45 | Outdoor/Saal 1 | Susanne
- Funktionelles Training I-II ❤
  14:00-14:55 | Saal 1 | Nadja
- Stretch Release Relax I ❤
  15:00-15:55 | Saal 1 | Nadja
- Langhantel Basic Nur mit Voranmeldung
  17:30-18:45 | Saal II | Stephanie
- Hatha Yoga I-II ❤
  18:30-19:55 | KR | Anja Z.
- Pilates II-III
  19:00-20:00 | Saal 2 | Elisa
- Capoeira
  19:00-20:25 | Saal 3 | Sidney
- Vinyasa Yoga II-III
  20:05-21:30 | KR | Shirin

MITTWOCH

- Vinyasa Yoga I-II
  08:30-09:45 | Saal 2 | Monica
- deepWORK
  09:00-09:55 | KR | Brit
- Rückenfit I-III ❤
  09:30-10:30 | Saal III | Beate G.
- Langhantel Workout
  10:00-10:55 | KR | Brit
- Cycling
  11:10-12:10 | KR | Jenny
- Himalaya Yoga ❤
  15:15-16:30 | KR | Ellen
- Tai Chi I
  17:00-18:00 | Saal II | Eva
- Yoga für den Rücken II
  17:45-18:55 | KR | Sarah
- Tai Chi II
  18:00-19:00 | Saal II | Eva
- Bodyfit I-II
  18:00-18:55 | Saal 3 | Lisa M.
- bodyART
  19:00-19:55 | Saal 3 | Lisa M.
- Modern Dance
  19:00-19:55 | KR | Lisa L.
- Stretching ❤
  20:00-20:25 | Saal 3 | Lisa M.
- Yin Yoga I-III ❤
  20:00-21:25 | KR | Julia A.

DONNERSTAG

- HIIT II-III
  08:00-08:55 | KR | Stephanie
- Feldenkrais ❤
  09:00-09:55 | Saal 3 | Bobby
- Pilates I-II
  09:00-10:15 | Saal I | Elisa
- Langhantel Workout II-III
  09:00-10:00 | KR | Stephanie
- Fit in den Tag ❤
  10:00-11:30 | Saal 2 | Maria
- Flow Yoga
  10:00-11:30 | KR | Shirin
- Bodyfit I ❤
  11:00-11:55 | Saal 1 | Beate
- Dance Aerobic I-II
  11:30-12:25 | Saal III | Olena
- Stretching ❤
  12:00-12:25 | Saal 1 | Beate
- PMR ❤
  12:30-12:55 | Saal 1 | Beate
- Pilates & Stretch II-III
  17:45-19:00 | KR | Anja S.
- Langhantel Workout
  18:10-19:10 | Saal 3 | Marina
- Rückenfit I-II ❤
  19:00-19:55 | Saal 3 | Monica
- Dynamic Fusion II-III
  20:00-20:55 | Saal III | Monica

FREITAG

- Power Yoga
  08:00-08:55 | KR | Julia A.
- Yoga Alignment
  09:00-10:25 | KR | Felix
- Somatic into Dance
  09:00-10:25 | Saal 1 | Mónica
- HIIT II-III
  09:00-09:55 | Saal III | Sonja
- Konditionstraining ❤
  09:15-10:25 | Outdoor/entfällt bei schlechtem Wetter | Annette
- Full Body Workout II-III
  10:00-10:55 | | Sonja
- Schulter-Nacken-Fit I-II ❤
  10:30-11:25 | KR | Felix
- Rückenfit I-II ❤
  10:30-11:25 | Outdoor/Saal 2 | Beate G.
- Faszienfit I ❤
  10:35-11:30 | Saal 1 | Mónica
- Fit zu Fuß ❤
  11:30-11:55 | Outdoor/Saal 2 | Beate G.
- Stretch Release Relax I ❤
  11:30-12:25 | KR | Felix
- Bodyfit I - III
  11:35-13:00 | Saal I | Olena
- Yoga für den Rücken I-II
  15:00-15:55 | KR | Sylvia
- Cycling
  16:15-17:15 | KR | Christiane/ Frank
- Cycling
  17:15-18:15 | KR | Christiane/ Frank
- Qi Gong ❤
  18:15-19:40 | Saal 3 | Ricarda
- Vinyasa Yoga I-II
  18:30-19:55 | KR | Cathleen

SAMSTAG

- Feldenkrais
  10:00-11:25 | Outdoor/Saal 2 | Beate G.
- Vinyasa Yoga I-II
  10:00-11:25 | KR | Celia/Marina
- Rückenfit
  10:30-11:25 | Saal 3 | Sigrun/Anja S.
- Tai Chi
  11:30-12:55 | Saal 2 | Eva
- African Dance
  11:30-12:55 | Saal 3 | Nathalie
- Rückenfit & Stretch
  11:30-12:45 | KR | Sigrun/Anja S.
- Vinyasa Yoga II
  13:00-14:25 | KR | Anja S.
- DeepWork Basic I-III
  14:00-14:55 | Saal I | Brit
- Langhantel Workout
  15:00-15:55 | Saal 1 | Brit
- Yin Yoga
  17:00-18:25 | KR | Felix

SONNTAG

- Pilates & Stretch
  10:00-11:25 | KR | Felix
- Matinee Kostenfrei
  10:00-16:00 | Saal 1 | Programm unter tib1848ev.de/sportzentrum
- Flow Yoga II-III
  11:30-12:55 | KR | Felix
- Zumba
  12:00-13:00 | Saal I | Else
- Schulter-Nacken-Fit
  13:00-13:55 | Saal I | Marie
- Welcome Cycling
  13:10-13:40 | KR | Christian, Jenny
- Cycling
  13:45-14:40 | KR | Christian, Jenny
- Pilates
  14:00-14:55 | Saal I | Marie
- Vinyasa Yoga II
  15:00-16:25 | KR | Marie

Hier geht's zum [den tagesaktuellen Kursplan] (externe URL).

Allgemeine Fitness
Dance
Kraft & Ausdauer
Yoga & innere Ruhe

I Einsteiger*in · II Mittelstufe · III Fortgeschritten · ❤ Training leicht

Zum tagesaktuellen Plan geht's hier (externe URL):