



**- Sportcenter**

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# SGE-KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7:00							
8:00		Reha-Sport 8:00 - 8:55					
9:00		Reha-Sport 9:00 - 9:55		Reha-Sport 9:00 - 9:55		Indoor Cycling 9:00 - 9:55	Hula Hoop 8:50 - 9:50
10:00	Yoga 60 + 10:00 - 11:30	Reha-Sport 10:15 - 11:10	Reha-Sport 10:00 - 10:55	Reha-Sport 10:00 - 10:55	Reha-Sport 10:00 - 10:55	Hit Con 10:00 - 11:00	
11:00				Reha-Sport 11:15 - 12:10	Reha-Sport 11:00 - 12:00	Hit Con 11:00 - 12:00	
12:00		Haltung & Bewegung 12:00 - 13:00			Reha-Sport (Lungensport) 12:30 - 13:30		
13:00		Rollator Training 13:15 - 14:15					
14:00	Mittagspause	Wirbelsäulengymnastik 14:30 - 15:30		Mittagspause		Hula Hoop 12:50 - 13:50	
15:00				CrossX Open Gym 15:30 - 17:00	Reha-Sport 15:00 - 15:55		
16:00			Reha-Sport 15:45 - 16:40		Reha-Sport 16:00 - 16:55		
17:00	Reha-Sport 17:00 - 17:55	CrossX 17:00 - 17:55	Reha-Sport 17:00 - 17:55	Hula Hoop 17:20 - 18:20	Step Aerobic 17:00 - 17:55		
18:00	Step Aerobic 18:00 - 18:55		Rücken-Fit 18:00 - 18:45	Reha Sport 18:30 - 19:25	Hot Iron 18:00 - 18:55		
19:00	Indoor Cycling 19:00 - 20:00	Hula Hoop 18:20 - 19:20	Yoga f. d. Rücken (Fitness-Yoga) 18:55 - 20:25	Power-Yoga 19:30 - 20:45 (gerade Woche) 20:45 - 22:00 (ungerade Woche)			
20:00	Tai Chi (Fortgeschrittene) 20:00 - 21:30	Indoor Cycling 19:30 - 20:30		Indoor Cycling 19:30 - 20:40 (ungerade Woche)			
21:00							

Arrangements:

Fit-pur	Fit-maXX	Extra Kurse
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