

Kursplan: Aerobicraum

19.03.2018 - 25.03.2018

Sportpark Nord-West
Am Schallerseck 33-35
90765 Fürth
0911 9364690
info@sportpark-online.de



Montag 19.03.2018	Dienstag 20.03.2018	Mittwoch 21.03.2018	Donnerstag 22.03.2018	Freitag 23.03.2018	Samstag 24.03.2018	Sonntag 25.03.2018
09:15 - 10:15 Healthy Back	09:15 - 10:00 Fatburner	09:15 - 10:15 Healthy Back	09:15 - 10:15 Functional - BBP	09:15 - 10:15 Cardio Bodystyling	10:00 - 10:30 Fit for Balance	10:00 - 10:30 Engine
09:15 - 10:15 Cycle - Sensitive (...)	10:00 - 10:45 BBP	09:15 - 10:15 Cycle - Senioren (O...	10:15 - 10:45 Fit for Balance	09:15 - 10:15 Cycle - Sensitive (...)	10:30 - 11:00 BBP	10:30 - 11:00 Faszientraining
09:30 - 10:00 Freestyle Circuit	10:45 - 11:15 Pilates	09:30 - 10:00 Senioren Zirkel (Ko...	18:00 - 19:00 Yoga	09:15 - 10:15 Senioren Zirkel (Kr...	11:00 - 12:00 Cycle - Intervall	11:00 - 12:00 Cycle - HIIT
10:15 - 11:15 Bodystyling	17:30 - 18:00 Jawbreaker	10:15 - 10:45 Faszien & Relax	18:00 - 19:00 Switching Zirkel	10:15 - 11:15 Healthy Back	16:00 - 16:30 Freestyle Circuit	15:00 - 15:30 Freestyle Circuit
12:30 - 13:00 Business Workout	18:00 - 19:00 Core & Faszientrain...	12:30 - 13:00 Business Workout	19:00 - 20:00 Cardio - Bodystylin...	16:30 - 17:00 Jawbreaker	16:40 - 16:50 Tabata	17:00 - 18:00 Healthy Back
17:30 - 18:00 Fit for Balance	18:00 - 19:00 Cycle - Intervall	17:30 - 18:00 BBP	20:00 - 21:00 Healthy Back	17:00 - 18:00 TRX		18:00 - 19:00 Cardio - Bodystylin...
18:00 - 19:00 Bodystyling	19:00 - 20:00 Zumba	18:00 - 19:30 Aerial-Yoga		18:00 - 19:00 Fit-Box Workout		
18:30 - 20:00 Cycle - Intervall	20:00 - 21:30 Yoga	18:30 - 19:00 Freestyle Circuit		18:00 - 19:00 Cycle - Sensitive (...)		
18:30 - 19:00 Freestyle Circuit		19:05 - 19:15 Tabata		19:00 - 20:00 Hot Muscle		
19:00 - 20:00 Step		19:30 - 20:30 Hot Muscle				
19:05 - 19:15 Tabata						

- Cycling
- Fettverbrennung
- Flächen Kurse
- Kräftigung & Str...
- Rehasport
- Rücken & Entspan...

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<div data-bbox="107 371 371 453">20:00 - 21:00 Healthy Back</div>						

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