

Kursplan: Aerobicraum

18.12.2017 - 24.12.2017

Sportpark Nord-West
Am Schallerseck 33-35
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Montag 18.12.2017	Dienstag 19.12.2017	Mittwoch 20.12.2017	Donnerstag 21.12.2017	Freitag 22.12.2017	Samstag 23.12.2017	Sonntag 24.12.2017
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 - 11:30 TRX	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 TRX	16:30 - 17:00 Jawbreaker	16:40 - 16:50 Tabata	16:00 - 17:00 TRX
17:30 - 18:00 Fit for Balance	18:00 - 19:00 Cycle - Intervall 1...	17:30 - 18:00 BBP	20:00 - 21:00 Healthy Back	17:00 - 18:00 TRX		17:00 - 18:00 Healthy Back
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	19:00 - 19:30 Freestyle Circuit		18:00 - 19:00 Cycle - Sensitive (...)		
19:00 - 20:00 Step		19:30 - 20:30 Hot Muscle		19:00 - 20:00 Hot Muscle		

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

Stand: 18.12.2017

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<div data-bbox="112 375 369 454">19:00 - 19:30 Freestyle Circuit</div> <div data-bbox="112 478 369 558">19:40 - 19:50 Tabata</div> <div data-bbox="112 582 369 662">20:00 - 21:00 Healthy Back</div>		<div data-bbox="683 375 940 454">19:40 - 19:50 Tabata</div>				

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