

Corona - Plan SPORT PROGRAMM

Montag		Dienstag		Mittwoch			Donnerstag		Freitag			Samstag	
Halle 1	Halle 2	Halle 1	Halle 2	Halle 1	Halle 2	B117	Halle 1	Halle 2	Halle 1	Halle 2	B117	Halle 1	Halle 2
Live-Stream	Live-Stream	Live-Stream	Live-Stream	Live-Stream	Live-Stream			Live-Stream	Live-Stream	Live-Stream		Live-Stream	Live-Stream
09:00 - 09:45 SPINNING Sabrina	09:00 - 09:45 Workout Britta C		09:00 - 09:45 Fit-Mix Britta C	09:00 - 09:45 SPINNING Anita	09:00 - 09:45 Pilates Soonah				09:00 - 09:45 Yoga Britta C	09:00 - 09:45 JumpFit Simone			
	10:00 - 10:45 Yoga Britta C		10:00 - 10:45 AlltagsFit Beate		10:00 - 10:45 RückenFit Eva		09:30 - 11:00 Power-Mix Cordula <i>ab 14.10.</i>			10:00 - 10:45 BBP Simone			11:00 - 11:45 JumpFit Simona
	11:00 - 11:45 RückenFit Beate		11:00 - 11:45 Stretch&Relax Sabrina		11:00 - 11:45 Arthrose I Britta S					11:00 - 11:45 Wirbelsäule Heike		10:30 - 12:00 Kick-Boxing Fitness Steffi	12:00 - 12:45 Step 2-3
12:00 - 12:45 Faszientr. Janina <i>ab 25.10.</i>					12:00 - 12:30 Arthrose II Britta S					12:00 - 12:45 Pilates Heike			13:00 - 13:45 Core Fit.
					12:45 - 13:15 FaszienFit Britta S							14:00 - 14:45 Zumba Elena	14:00 - 15:45 BarreConcept Nelys
													15:00 - 15:45 BarreConcept Nelys
18:00 - 18:45 SPINNING Anita	17:00 - 17:45 Fitness Yoga Alex					17:00 - 17:45 Relax-Yoga Carla		17:00 - 17:45 Pilates Maritza			17:00 - 17:45 Stretching Sabrina		
	18:00 - 18:45 Lift Alex	18:00 - 18:45 SPINNING Dirk	18:00 - 18:45 JumpFit Brigitte	18:15 - 19:00 RückenFit Simone	18:00 - 18:45 JumpFit Brigitte/Simona		18:15 - 19:00 SPINNING Achim	18:00 - 18:45 Workout Brigitte		18:15 - 19:00 YAB.Workout Alex		Sonntag	
								<i>per Zoom</i>				Live-Stream	Live-Stream
19:00 - 19:45 Step Simona	19:15 - 20:00 RückenFit Heike	19:00 - 19:45 Workout Tatjana			19:00 - 19:45 Functional Tanja			19:00 - 19:45 JumpFit Brigitte		19:15 - 20:00 LatinoDance Nelys		Halle 1	Halle 2
20:00 - 20:45 Workout Simona	20:15 - 21:00 Workout Simona	20:00 - 20:45 Yoga Carla			20:00 - 20:45 Fatb. Intervall Shahki			20:00 - 20:45 Yoga Tatjana				10:00 - 10:45 SPINNING Sabrina	
													10:30 - 11:45 Workout Britta Nathalie
													12:00 - 12:45 JumpFit Brigitte Simone

gerade Simona
oder Cordula
im Wechsel

ungerade Gaby

gerade Nathalie
ungerade Britta

gerade Brigitte
ungerade Simone