

Kursprogramm Haus des Sports

gültig ab 25.04.2022



* Outdoor

(Schlechtwetterregelung über Sportmeo)

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
oben	unten	oben	unten	oben	unten	oben	unten	oben	unten	oben	unten
09.00 h Pilates	08.30 h Vinyasa Yoga	09.00 h Body FIT	08.30 h HATHA Yoga	09.00 h Senioren FIT	09.00 h Senioren FIT	09.00 h Body FIT	08.30 h HATHA Yoga	09.00 h Wirbelsäu- lengymn.	09.00 h Rehasport		
10.00 h Pilates	10.00 h Rehasport	10.00 h Rehasport	10.00 h Neuro-R.	10.00 h Body FIT	10.00 h Rehasport	10.00 h Pilates	10.00 h Rehasport	10.00 h Wirbelsäu- lengymn.	10.00 h Faszien- & Yin Yoga	10.00 h Boxen	10.00 h Jumping
	11.00 h Rehasport	11.00 h Rehasport	11.00 h Neuro-R.	11.00 h Rehasport		16.00 h Rehasport	11.00 h QiGong	11.00 h Rehasport			
						17.00 h Herzsport	15.00 h Hocker	16.00 h Rehasport			
17.00 h Rehasport	17.00 h Jumping Kids (5-7)	17.00 h HATHA Yoga	17.00 h Rehasport	17.00 h Pilates	17.00 h Jumping Kids (8-11)	18.00 h Rücken FIT	17.00 h Pilates	17.00 h Männer FIT	17.00 h Jumping Kids (11-14)	Sonntag	
18.00 h Body BOOST	18.00 h Jumping	18.00 h X-ALL*	18.00 h Body FORMING	18.00 h Zumba®	18.00 h Jumping	19.00 h X-ALL*	18.00 h Jumping	18.00 h Body FUNC	18.00 h Jumping	oben	unten
18.00 h X-ALL*		19.00 h Aero WORK	19.00 h Body Shape	19.00 h STRONG Back&Core	19.00 h BodyWork HIIT *	19.00 h Deep FLOW	19.00 h Indoor Cycling				
19.00 h Body WORK		20.00 h Rehasport	19.45 h QiGong		20.00 h Indoor Cycling	20.00 h STEP Aerobic					

