

KURSPLÄNE 2021/2022

SPORTPARK Ennert

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
YOGA 09:30–10:30	PILATES 09:00–10:00	FIT MIX 09:00–10:00	REHA (Level 1) 09:00–09:45	RÜCKENFIT 09:00–10:00	REHA (Level 1) 10:45–11:30	PILATES 11:00–12:00
GYM 60+ 10:30–11:30	RÜCKENFIT 10:00–11:00	REHA (Level 1) 10:30–11:15	FUNCTIONAL TRAINING (Trainingsfläche) 10:00–10:45	FUNCTIONAL TRAINING (Trainingsfläche) 10:00–10:45	BODYCOMBAT 12:30–13:30	INDOOR CYCLING 12:15–13:15
	NORDIC WALKING 11:00–12:00	REHA (Level 1) 11:30–12:15		REHA (Level 1) 12:00–12:45	BODYPUMP 13:30–14:30	
REHA (Level 1) 17:00–17:45	PILATES 17:00–18:00	REHA (Level 2) 17:00–17:45	FUNCTIONAL TRAINING (Trainingsfläche) 17:30–18:15	INDOOR CYCLING 17:30–18:30		
BODYPUMP 18:00–19:00	FUNCTIONAL TRAINING (Trainingsfläche) 17:30–18:15	BODYPUMP 18:00–19:00	FIT MIX 18:00–19:00			
ZUMBA 19:30–20:30	YOGA 18:05–19:35		REHA (Level 2) 19:45–20:30			

SPORTPARK am Oelberg

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
RÜCKENFIT 09:00–10:00	FRÜH-FIT 07:15–08:00	PILATES 09:00–10:00	REHA (Level 1) 08:45–09:30	RÜCKENFIT 07:30–08:30	FIT MIX 09:30–10:30	BODYPUMP 10:00–11:00
FIT-MIX 10:00–11:00	REHA (Level 1) 08:15–09:00			REHA (Level 1) 08:30–09:15	ZUMBA 10:30–11:30	INDOOR CYCLING 11:15–12:15
	FIT-MIX 09:30–10:30			YOGA 10:00–11:00		BODYCOMBAT 12:30–13:30
	REHA (Level 2) 12:00–12:45					
REHA (Level 1) 17:00–17:45	RÜCKENFIT 18:30–19:30	REHA (Level 1) 17:00–17:45		REHA (Level 1) 16:45–17:30		
BODYPUMP 18:00–19:00	ZUMBA 19:30–20:30	FIT-MIX 18:00–19:00	BODYPUMP 17:30–18:30			
INDOOR CYCLING 19:00–20:00		BAUCH 19:00–19:30	INDOOR CYCLING 18:30–19:30			
YOGA 20:00–21:15		STRETCH 19:30–20:00	YOGA 19:45–21:00			

SPORTPARK Bad Honnef

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
GYM 60+ 10:00–11:00	REHA (Level 1) 09:30–10:15	GYM 60+ 09:00–10:00	PILATES 09:00–10:00	REHA (Level 1) 08:30–09:15	HIIT 10:30–11:30	BODYPUMP 10:15–11:15
	REHA (Level 1) 10:30–11:15	STRETCH 10:00–11:00	FIT-MIX 10:00–11:00		FIT-MIX 11:30–12:15	YOGA 11:45–12:45
					KICKBOXEN 14:00–15:00	
RÜCKENFIT 17:10–18:10	REHA (Level 1) 17:30–18:15	REHA (Herz) 14:30–15:30	BODYCOMBAT 18:30–19:30	RÜCKENFIT 17:00–18:00		
BODYPUMP 18:20–19:20	STEP I–III 18:30–19:30	REHA (Herz) 15:30–16:30	BODYPUMP 19:30–20:30	REHA (Level 1) 18:00–18:45		
ZUMBA 19:30–20:30	FIT-MIX 19:30–20:30	ZUMBA 19:00–20:00				
TABATA 20:30–21:00						

SPORTPARK Rheinbach Lady

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
CYCLING 09:30–10:30	HOT IRON 08:45–09:45	RÜCKENFIT 10:00–11:00	BAUCH 10:30–11:00	CYCLING 09:00–09:45	ZUMBA 10:30–11:30	
ZUMBA 09:30–10:30	PILATES 10:00–11:00	STEP 11:15–12:15	FASZIEN-TRAINING 11:15–11:45	YOGA 10:00–11:00		
	BEST-AGE 11:15–12:15			BEST-AGE 11:30–12:30		
CYCLING (Level 1-3) 18:00–19:00	RÜCKENFIT 18:00–19:00	CYCLING (Level 1) 18:00–18:45	HOT IRON 18:30–19:30	FUNCTIONAL TRAINING 18:00–19:00		
STEP 18:00–19:00	LANGHANTEL 19:15–20:15	BODYFIT 18:30–19:30	STEP 19:45–20:45			
PILATES 19:00–20:00		CYCLING (Level 2-3) 18:45–19:45				
		YOGA 19:45–20:45				