

KURSPLÄNE SOMMER 2021

SPORTPARK Ennert

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
YOGA 09:30–10:30	PILATES 09:00–10:00	REHA (Level 1) 10:30–11:15	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) 11:30–12:15		LATINO DANCE 11:00–12:00	BODYCOMBAT 12:30–13:30	INDOOR CYCLING 12:15–13:15
	NORDIC WALKING 11:00–12:00					
REHA (Level 1) 17:00–17:45	PILATES 17:00–18:00	REHA (Level 2) 17:00–17:45	REHA (Level 2) 19:45–20:30	INDOOR CYCLING 17:30–18:30	BODYPUMP 13:30–14:30	
BODYPUMP 18:00–19:00	YOGA 18:15–19:45	BODYPUMP 18:00–19:00				

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 10:15–11:15
FIT-MIX 10:00–11:00	REHA (Level 1) 08:15–09:00	PILATES 10:00–11:00		REHA (Level 1) 08:30–09:15	ZUMBA 10:30–11:30	INDOOR CYCLING 11:30–12:30
	FIT-MIX 09:30–10:30	REHA (Level 2) 11:15–12:00		YOGA 10:00–11:00		
REHA (Level 1) 17:00–17:45	REHA (Level 2) 17:30–18:15	REHA (Level 1) 17:00–17:45	REHA (Level 2) 16:30–17:15	REHA (Level 1) 16:45–17:30		
BODYPUMP 18:00–19:00	RÜCKENFIT 18:30–19:30	FIT-MIX 18:00–19:00	BODYPUMP 17:30–18:30	BODYCOMBAT 18:00–19:00		
INDOOR CYCLING 19:00–20:00	ZUMBA 19:30–20:30	BAUCH 19:00–19:30	INDOOR CYCLING 18:30–19:30			
		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) 08:30–09:15	GYM 60+ 09:00–10:00	PILATES 08:00–09:00	REHA (Level 1) 08:30–09:15	HIIT 10:30–11:30	BODYPUMP 10:30–11:30
	REHA (Level 1) 09:30–10:15	STRETCHING 10:00–11:00 (Fläche)			YOGA 11:30–12:30	YOGA 11:30–12:30
	REHA (orthopädisch) 10:30–11:15					
RÜCKENFIT 17:30–18:30	REHA (Level 2) 17:45–18:30	REHA (Herz) 14:30–15:30	REHA (Level 2) 17:30–18:15	RÜCKENFIT 17:00–18:00		
BODYPUMP 18:30–19:30	STEP I–III 18:30–19:30	REHA (Herz) 15:30–16:30	BODYCOMBAT 18:30–19:30	REHA (Level 1) 18:00–18:45		
ZUMBA 19:30–20:30	FIT-MIX 19:30–20:30	REHA (Level 1) 17:00–17:45	BODYPUMP 19:30–20:30			
BAUCH 20:30–21:00 (Fläche)		ZUMBA 19:00–20:00				