

Sommerkursplan

gültig vom 02.08.2021 – 12.09.2021

Trotz genauer Planung kann es kurzfristig zu Veränderungen kommen | Bitte den aktuellen Kursplan im Sportpark und unter www.sportpark1861.de beachten!
Keine Wasserkurse! | Outdoor-Kurse bitte dem aktuellen Wochenplan entnehmen.

Kalenderwoche 31

02. August – 08. August 2021

| **ÄNDERUNG** | **NEUER KURS** |

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt
8:05-9:00 Qi-Gong	8:10-9:05 Five-gym		6:40-7:35 Early Bird Fitness	09:00 – 09:50 Anti- Osteoporose	08:05–09:05 Body Pump	08:45 – 09:45 Yoga	8:30-9:30 Vital-Gymnastik	8:30-9:35 Body Styling & Stretch	08:05–09:10 Body Balance		10:00 – 11:00 Body Attack
09:20 – 10:10 Bodystyling	9:15-10:10 Best Age Fitness	08:10-09:15 Yoga	8:15-9:15 Functional Training	10:00 – 10:50 Faszien Fitness	09:15–10:00 Body Balance		9:45-10:40 Rückenfit	9:45-10:45 Funktions- gymnastik	9:20-10:20 Body Pump		11:15 – 12:10 Fitness Mix
		9:25-10:20 Pilates (Basic)	9:30-10:45 Bauch-Rücken & Black Roll	11:00 – 11:50 Funktions- gymnastik	10:10–11:10 Indoor Cycling M/F		10:50 – 11:50 Step & Style		10:35-11:20 Indoor Cycling		
	17:25-18:20 BBP & Oberkörper		11:00-12:00 Zumba				15:00–16:00 Sanftes Yoga				15:30-16:40 Body Pump
18:40-19:40 Best Age Fitness	18:30–19:45 Les Mills Mix	18:20–19:20 Starke Mitte	17:55 – 18:55 Body Pump		18:30-19:30 Bauch-Rücken Intensiv	18:20 – 19:20 Body Attack	18:00-18:55 Step & Style		18:05-19:15 Body Pump	Sonntag	
19:50 – 20:50 Yoga		19:30–20:30 Rücken fit & Stretch	19:10–20:10 HIIT	19:15– 20:15 Body Attack	19:40-20:40 BBP & Oberkörper	19:35– 20:35 Body Balance	19:05-19:30 Bauch Spezial	19:00-20:00 Body Styling		10:00-10:55 Body Styling	09:15 – 10:15 Body Balance
	20:50-21:35 Functional Training						20:45 – 21:45 Late Night Cycling	19:40 – 20:40 Zumba		11:00-12:00 Rückenfit	10:30 – 11:30 Fitness-Zumba

Kalenderwoche 32

09. August – 15. August 2021

| **ÄNDERUNG** | **NEUER KURS** |

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt
8:05-9:00 Qi-Gong	8:10-9:05 Five-gym		6:40-7:35 Early Bird Fitness	09:00 – 09:50 Anti- Osteoporose	08:05–09:05 Body Pump	08:45 – 09:45 Yoga	8:30-9:30 Vital-Gymnastik	8:30-9:35 Body Styling & Stretch	08:05–09:10 Body Balance		10:00 – 11:00 Body Attack
09:20 – 10:10 Bodystyling	9:15-10:10 Best Age Fitness	08:10-09:15 Yoga	8:15-9:15 Functional Training	10:00 – 10:50 Faszien Fitness	09:15–10:00 Body Balance		9:45-10:40 Rückenfit	9:45-10:45 Funktions- gymnastik	9:20-10:20 Body Pump		11:15 – 12:10 Fitness Mix
		9:25-10:20 Pilates (Basic)	9:30-10:45 Bauch-Rücken & Black Roll	11:00 – 11:50 Funktions- gymnastik	10:10–11:10 Indoor Cycling M/F		10:50 – 11:50 Step & Style		10:35-11:20 Indoor Cycling		
	17:25-18:20 BBP & Oberkörper		11:00-12:00 Zumba				15:00–16:00 Sanftes Yoga				15:30-16:40 Body Pump
18:40-19:40 Best Age Fitness	18:30–19:45 Les Mills Mix	18:20–19:20 Starke Mitte	17:55 – 18:55 Body Pump		18:30-19:30 Bauch-Rücken Intensiv	18:20 – 19:20 Body Attack	18:00-18:55 Step & Style		18:05-19:15 Body Pump	Sonntag	
19:50 – 20:50 Yoga	19:55-20:55 Body Balance	19:30–20:30 Rücken fit & Stretch	19:10–20:10 HIIT	19:15– 20:15 Body Attack	19:40-20:40 BBP & Oberkörper	19:35– 20:35 Body Balance	19:05-19:30 Bauch Spezial	19:00-20:00 Body Styling		10:00-10:55 Body Styling	09:15 – 10:15 Body Balance
	20:50-21:35 Functional Training						20:45 – 21:45 Late Night Cycling	19:40 – 20:40 Zumba		11:00-12:00 Rückenfit	10:30 – 11:30 Fitness-Zumba

Kalenderwoche 33

16. August – 22. August 2021

| **ÄNDERUNG** | **NEUER KURS** |

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt	Raum 61	Zelt
8:05-9:00 Qi-Gong	8:10-9:05 Five-gym		6:40-7:35 Early Bird Fitness	09:00 – 09:50 Anti- Osteoporose	08:05–09:05 Body Pump	08:45 – 09:45 Yoga	8:30-9:30 Vital-Gymnastik	8:30-9:35 Body Styling & Stretch	08:05–09:10 Body Balance		10:00 – 11:00 Body Attack
09:20 – 10:10 Bodystyling	9:15-10:10 Best Age Fitness	08:10-09:15 Yoga	8:15-9:15 Functional Training	10:00 – 10:50 Faszien Fitness	09:15–10:00 Body Balance		9:45-10:40 Rückenfit	9:45-10:45 Funktions- gymnastik	9:20-10:20 Body Pump		11:15 – 12:10 Fitness Mix
		9:25-10:20 Pilates (Basic)	9:30-10:45 Bauch-Rücken & Black Roll	11:00 – 11:50 Funktions- gymnastik	10:10–11:10 Indoor Cycling M/F		10:50 – 11:50 Step & Style		10:35-11:20 Indoor Cycling		
	17:25-18:20 BBP & Oberkörper		11:00-12:00 Zumba				15:00–16:00 Sanftes Yoga				15:30-16:40 Body Pump
18:40-19:40 Best Age Fitness	18:30–19:45 Les Mills Mix	18:20–19:20 Starke Mitte	17:55 – 18:55 Body Pump		18:30-19:30 Bauch-Rücken Intensiv	18:20 – 19:20 Body Attack	18:00-18:55 Step & Style		18:05-19:15 Body Pump	Sonntag	
19:50 – 20:50 Yoga	19:55-20:55 Body Balance	19:30–20:30 Rücken fit & Stretch	19:10–20:10 HIIT	19:15– 20:15 Body Attack	19:40-20:40 BBP & Oberkörper	19:35– 20:35 Body Balance	19:05-19:30 Bauch Spezial	19:00-20:00 Body Styling		10:00-10:55 Body Styling	09:15 – 10:15 Body Balance
	20:50-21:35 Functional Training						20:45 – 21:45 Late Night Cycling	19:40 – 20:40 Zumba		11:00-12:00 Rückenfit	10:30 – 11:30 Fitness-Zumba

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8:05-9:00 Qi-Gong	8:10-9:05 Five-gym		6:40-7:35 Early Bird Fitness	09:00 – 09:50 Anti- Osteoporose	08:05–09:05 Body Pump	08:45 – 09:45 Yoga	8:30-9:30 Vital-Gymnastik	8:30- 9:35 Body Styling & Stretch	08:05 – 09:10 Wake up Yoga		10:00 – 11:00 Body Attack
09:20 – 10:10 Bodystyling	9:15-10:10 Best Age Fitness	08:10-09:15 Yoga	8:15-9:15 Functional Training	10:00 – 10:50 Faszien Fitness	09:15–10:00 Body Balance		9:45-10:40 Rückenfit	9:45-10:45 Funktions- gymnastik	9:20-10:20 Body Pump		11:15 – 12:10 Fitness Mix
		9:25-10:20 Pilates (Basic)	9:30-10:45 Bauch-Rücken & Black Roll	11:00 – 11:50 Funktions- gymnastik	10:10–11:10 Indoor Cycling M/F		10:50 – 11:50 Step & Style		10:35-11:20 Indoor Cycling		
			11:00-12:00 Zumba								15:30-16:40 Body Pump
	17:25-18:20 BBP & Oberkörper						15:00 – 16:00 Sanftes Yoga				16:45– 17:45 Body Attack
18:40-19:40 Best Age Fitness	18:30–19:45 Les Mills Mix	18:20–19:20 Starke Mitte	17:55 – 18:55 Body Pump		18:30-19:30 Bauch-Rücken Intensiv	18:20 – 19:20 Body Attack	18:00-18:55 Step & Style		18:05-19:15 Body Pump	Sonntag	
19:50 – 20:50 Yoga	19:55-20:55 Body Balance	19:30–20:30 Rücken fit & Stretch	19:10–20:10 HIIT	19:15– 20:15 Body Attack	19:40-20:40 BBP & Oberkörper	19:35– 20:35 Body Balance	19:05-19:30 Bauch Spezial	19:00-20:00 Body Styling		10:00-10:55 Body Styling	09:15 – 10:15 Body Balance
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			11:00-12:00 Zumba								15:30-16:40 Body Pump
	17:25-18:20 BBP & Oberkörper						15:00 – 16:00 Sanftes Yoga				16:45– 17:45 Body Attack
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