



KURSPLAN

STAND MÄRZ 2019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
WAKE UP Elke M. 08:00 - 09:00 F5	FASZIENTRAINING Nicole 09:15 - 09:45 F5	BESTAGE WORKOUT Regina 08:15 - 09:15 F5	VINYASA YOGA Anette 08:00 - 09:30 F2	PILATES Nicole 08:30 - 09:30 F5	BODYART Jeanette 10:00 - 11:15 F2	SUN YOGA Bilonda 10:00 - 11:15 F2 <small>NACHAUSHANG</small>
RÜCKENFIT Lilli 09:00 - 10:00 F5	YOGA Ramona 09:30 - 11:00 F2	BODYWORKOUT Regina 09:15 - 10:15 F5	FITMIX Mariella 08:30 - 09:30 F4	PILATES Nicole 09:30 - 10:30 F5	JUMPING Heike 10:00 - 11:00 F5 <small>MITANMELDUNG</small>	FATBURNER Sandra 10:30 - 12:00 F4 <small>NACHAUSHANG</small>
FUNCTIONAL Lilli 10:00 - 11:00 F5	BBP Nicole 09:45 - 10:45 F5	YOGA Susana 10:00 - 11:15 F2	SPINNING LIGHT Mariella 09:30 - 10:15 F1	YOGA Simone 09:30 - 10:45 F2	SPINNING Beate 11:00 - 12:00 F1 <small>MITANMELDUNG</small>	BBP Steffi 10:30 - 12:00 F5
YOGA Nadin 10:00 - 11:15 F2	FIT IN DENTAG Beate 11:00 - 12:00 F5	MEDITATION Susana 11:15 - 12:00 F2	FATBURNER Sandra 18:00 - 19:00 F4	ZUMBA Doro 09:30 - 10:30 F4	CHI YOGA Frank 16:00 - 17:30 F2	JUMPING Eva 14:30 - 15:30 F5 <small>NACHAUSHANG</small>
BODYSTYLING Regina 17:00 - 18:00 F5	JUMPING KIDS Heike 17:00 - 18:00 F5 <small>MITANMELDUNG</small>	BBP Mariella 17:00 - 18:00 F4	JUMPING Jessi / Eva 18:00 - 19:00 F5 <small>MITANMELDUNG</small>	FASZIEN-BLACKROLL Regina 16:30 - 17:00 F5		
RÜCKEN&FASZIEN Regina 18:00 - 19:00 F5	BODYFIT-TRX Mariella 17:00 - 18:00 F4	JUMPING CIRCUIT Eva 17:30 - 19:00 F5 <small>MITANMELDUNG</small>	CBC-CYCLING Peter 18:30 - 19:30 F1 <small>MITANMELDUNG</small>	BODYSTYLING Regina 17:00 - 18:00 F5		
INTENSE YOGA II Werner 18:00 - 19:15 F2	DEEPWORK Christiane 18:00 - 19:00 F4	FITMIX Mariella 18:00 - 19:00 F4	YOGA Ramona 19:00 - 20:30 F2	STEP BASIC Jeanette 17:00 - 18:00 F4		
FUNCTIONAL HOUR Markus & Eva 19:00 - 20:00 F4 & F5	SPINNING Mariella 18:00 - 19:00 F1 <small>MITANMELDUNG</small>	INTENSE YOGA I Werner 18:00 - 19:00 F2	IRON SYSTEM Sandra 19:00 - 20:00 F4	RÜCKENYOGA Jeanette 18:00 - 19:15 F2		
SPINNING Meik 19:00 - 20:00 F1 <small>MITANMELDUNG</small>	PILATES Christiane 19:00 - 20:00 F2	IRON SYSTEM Christiane 19:00 - 20:00 F4	SYNRGY 360 David 19:00 - 20:00 KL <small>MITANMELDUNG</small>	IRON SYSTEM Christiane 18:00 - 19:00 F4		
INTENSE YOGA III Werner 19:30 - 20:45 F2	JUMPING Jessi 19:00 - 20:00 F5 <small>MITANMELDUNG</small>	ZUMBA Caterina 19:00 - 20:00 F5	ZUMBA Katia 19:30 - 20:30 F5	FUNCTIONAL-TRX Markus 19:00 - 20:00 F4		
FATBURNER Evi 19:30 - 20:30 F3	SYNRGY 360 Eva 19:00 - 20:00 KL <small>MITANMELDUNG</small>	AUTOGENES TRAINING Werner 19:15 - 20:00 F2	HIT-CYCLING Peter 19:30 - 20:15 F1 <small>MITANMELDUNG</small>	JUMPING Markus 20:00 - 21:00 F5 <small>MITANMELDUNG</small>		
SPINNING Markus 20:00 - 21:00 F1 <small>MITANMELDUNG</small>	BODYWORKOUT Evi 19:30 - 21:00 F4	SPINNING Markus 20:00 - 21:00 F1 <small>MITANMELDUNG</small>	WSG Heike 20:00 - 21:00 F3			
IRON SYSTEM Kerstin 20:30 - 21:30 F4		DEEPWORK Sandra 20:00 - 21:00 F4				
		BBP Meik 20:00 - 21:00 F5				

GESUNDHEITSSPORTZENTRUM

Sankt-Florian-Straße 2 Mo | Mi | Fr: 6 - 23 Uhr
64521 Groß-Gerau Di | Do: 8 - 23 Uhr
Tel.: 0 61 52 - 8 39 73 Sa | So: 8 - 20 Uhr

KRAFT-LEISTUNGSZENTRUM

Odenwaldstraße 1 Mo | Mi | Fr: 6 - 23 Uhr
64521 Groß-Gerau Di | Do: 9 - 23 Uhr
Tel.: 0 61 52 - 805 38 00 Sa | So: 8 - 20 Uhr

seit 1995

