

Kursplan

19.02.2018 - 25.02.2018

Campus Wellness & Sports
Kantstrasse 1
66953 Pirmasens
06331 228226
info@campus-ps.de

CAMPUS
WELLS & SPORTS CLUB PIRMASENS

Montag 19.02.2018	Dienstag 20.02.2018	Mittwoch 21.02.2018	Donnerstag 22.02.2018	Freitag 23.02.2018	Samstag 24.02.2018	Sonntag 25.02.2018
08:30 - 09:25 Reha-Sport	09:30 - 10:30 360° Training Moni	09:00 - 10:00 Reha-Sport	09:00 - 09:55 Reha-Sport	09:30 - 10:30 Bodybalance Moni	11:00 - 12:00 360° Training Max	09:30 - 11:00 Yoga Advanced Jutta
09:15 - 10:15 Cycling Katrin	09:30 - 10:30 Zumba® Fitness Seren	09:15 - 10:15 Rücken Fit Katrin	09:15 - 10:15 Cycling Katrin	10:45 - 11:45 Bodybalance Moni	14:00 - 15:00 Dance School Kids 7... Seren	09:30 - 11:00 Bike Control Ralf
09:30 - 11:00 Rücken Yoga Jutta	09:45 - 11:00 Rücken Plus Katrin	10:30 - 11:30 World Jumping ab 18... Kristina	10:00 - 11:00 Zumba® Fitness Seren	15:00 - 16:00 Reha-Sport Kraft-Au...	14:30 - 16:00 Cycling Katrin	10:00 - 11:15 Bodyworkout Nadine
10:30 - 11:25 Reha-Sport	17:00 - 17:45 Reha-Sport Kraft-Au...	15:00 - 16:00 Dance School Rookie... Sarah	16:00 - 16:55 präventives Rücken-... Janick	16:30 - 17:30 World Jumping Seren	15:00 - 16:00 Dance School Rookie... Sarah	10:30 - 11:30 360° Training Sandra
16:00 - 16:55 Reha-Sport	17:00 - 17:55 Fit & Dance ab 7 Ja... Steffi	16:00 - 17:30 Dance School Advanc... Seren	17:00 - 17:30 Faszienkurs Heike	17:00 - 18:00 360° Training Moni	16:15 - 18:15 Dance School Advanc... Seren	
17:00 - 17:55 Reha-Sport	17:50 - 18:45 Pilates Katrin	17:00 - 17:50 Reha-Sport	17:30 - 18:30 360° Training Moni	17:15 - 18:15 Step Aerobic Katrin		
17:30 - 18:15 Athletic Training Katja M.	18:00 - 18:55 Cycling Sandra	17:40 - 17:55 Bauch Sikrit	17:30 - 18:50 Yoga Jutta	18:00 - 19:00 Fitboxen PRO Moni		
18:00 - 19:15 Rücken - five® Petra	18:00 - 19:25 Pushpower Moni	18:00 - 18:55 Cycling Katja M.	17:30 - 18:25 Reha-Sport	19:00 - 20:00 World Jumping Moni		
18:15 - 19:30 Cycling Katrin	18:30 - 19:30 360° Training - PRO... Max	18:00 - 18:55 TRX® Patrick	18:30 - 18:50 Bauch Moni			
18:30 - 19:30 360° Training Katja	18:45 - 19:30 TRX® Einstelger Kim	18:00 - 18:55 Zumba® Fitness Sikrit	18:50 - 19:50 Cycling Nadine Sauer			
18:30 - 19:10 Zumba® Fitness Sikrit	19:05 - 20:05 Team Rudern Thomas	19:00 - 20:00 360° Training Katja M.	19:00 - 20:00 Bodyworkout Nadine			

- Ausdauer
- Entspannung
- Figur
- Funktionelles Tr...
- Gesundheit
- Tanzen

Stand: 21.02.2018

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<p>19:15 - 20:00 World Jumping Sirikit</p> <p>19:30 - 20:30 Pushpower Fabian</p> <p>19:45 - 21:00 Cycling Thomas</p>	<p>19:30 - 20:30 Fitboxen Moni</p>	<p>19:00 - 20:30 Tai Chi Doris</p> <p>19:00 - 20:15 Rücken - five® Petra</p> <p>19:15 - 20:45 Bike Control Ralf</p>	<p>19:00 - 20:00 Pushpower Hot Moni</p>			

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