

Kursplan

14.09.2020 - 20.09.2020

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



Montag 14.09.2020	Dienstag 15.09.2020	Mittwoch 16.09.2020	Donnerstag 17.09.2020	Freitag 18.09.2020	Samstag 19.09.2020	Sonntag 20.09.2020
08:15 - 09:15 Yoga Rücken Jutta	09:30 - 10:30 Rücken Fit Katrin	09:00 - 09:50 Reha-Sport	09:00 - 09:50 Reha-Sport	09:30 - 10:30 Bodybalance Moni	09:30 - 10:30 Pump your Body	09:30 - 11:00 Rücken Yoga** Jutta
08:30 - 09:20 Reha-Sport	10:00 - 11:00 Fit Steps® Ilka	09:30 - 10:30 Rücken Fit Katrin	09:15 - 10:05 Cycling Katrin	10:45 - 11:45 Bodybalance Moni	10:45 - 12:00 Dance School Kids Darline & Katja	10:00 - 11:15 Bodyworkout Nadine
09:15 - 10:05 Cycling Katrin	16:30 - 17:30 Pilates Katrin	10:00 - 11:00 Five® Gym ** Moni	10:15 - 11:15 Zumba® Fitness Eva	15:00 - 15:50 Reha-Sport Kraft...	12:00 - 14:00 Dance School Young ... Darline	14:00 - 16:00 Dance School K.A.M.... Max
10:30 - 11:20 Reha-Sport	17:00 - 17:50 Reha-Sport Kraft...	15:45 - 17:00 Dance School "Fortg... Ancy Nicole	16:30 - 17:30 Reha Sport Kids Andre	16:00 - 17:00 Dance School Beginn... Darline		
16:45 - 17:35 Reha-Sport	17:45 - 18:45 Pilates Katrin	17:00 - 17:50 Reha-Sport	17:30 - 18:20 Reha-Sport	16:30 - 17:30 Yoga Christina		
17:30 - 18:15 Athletic Training *... Katja M.	18:00 - 19:00 Pushpower Moni	17:15 - 18:15 Ganzkörpertraining ... Sirikit	17:30 - 18:50 Vinyassa Flow Yoga ... Christina	17:30 - 18:30 Step Aerobic Katrin		
18:00 - 18:50 Cycling Ralf	19:00 - 20:00 Yin Yoga ** Christina	18:00 - 18:50 Cycling Katja M.	18:30 - 18:50 Bauch Moni	18:00 - 19:00 Outdoorboxen/Tai Bo... Moni		
18:00 - 19:15 Rücken Five Petra	19:15 - 20:15 Outdoorboxen/Tai Bo... Moni	19:00 - 19:45 Athletic Training Katja M.	19:00 - 20:00 Pushpower Hot Moni			
18:30 - 19:15 Ganzkörpertraining Sirikit		19:00 - 20:30 Tai Chi Doris	19:00 - 20:00 Bodyworkout Nadine			
19:15 - 20:10 Fit Steps® Ilka						
19:30 - 20:30 Pushpower Hot Fabian						

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

Stand: 20.09.2020