

# Kursplan

11.12.2017 - 17.12.2017

Sport- und Therapiezentrum Chemnitz

Straße der Nationen 99-101

09113 Chemnitz

0371 9187585

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Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
<div style="background-color: #00b050; color: white; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Reha Sport</div> <div style="background-color: #00b050; color: white; padding: 5px;">19:00 - 20:00 Rückenfit</div>	<div style="background-color: #ffff00; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Step Aerobic</div> <div style="background-color: #ffff00; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Zumba Toning</div> <div style="background-color: #ff0000; color: white; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Bauch Beine Po</div> <div style="background-color: #ffff00; padding: 5px;">20:00 - 21:00 Zumba Fitness</div>	<div style="background-color: #00b050; color: white; padding: 5px; margin-bottom: 5px;">10:00 - 11:00 Reha Sport</div> <div style="background-color: #00b050; color: white; padding: 5px; margin-bottom: 5px;">11:00 - 12:00 Senioren-gymnastik</div> <div style="background-color: #00b050; color: white; padding: 5px; margin-bottom: 5px;">17:00 - 18:00 FIVE Rücken</div> <div style="background-color: #00b050; color: white; padding: 5px;">18:00 - 19:00 Yoga</div>	<div style="background-color: #00b050; color: white; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Reha Sport</div> <div style="background-color: #00b050; color: white; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Rückenfit</div> <div style="background-color: #4169e1; color: white; padding: 5px;">20:00 - 21:00 Cardiofit</div>	<div style="background-color: #ff0000; color: white; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Bauch Beine Po</div> <div style="background-color: #ffff00; padding: 5px; margin-bottom: 5px;">19:15 - 20:15 Step Aerobic</div> <div style="background-color: #ffff00; padding: 5px;">20:15 - 21:15 Zumba Fitness</div>		

■ Ausdauer

■ Figur

■ Gesundheit

■ Kraft

Stand: 17.12.2017