

Kursplan

16.10.2017 - 22.10.2017

Sport- und Therapiezentrum Chemnitz

Straße der Nationen 99-101

09113 Chemnitz



0371 9187585

info@gesundheitscenter-chemnitz.de

Montag 16.10.2017	Dienstag 17.10.2017	Mittwoch 18.10.2017	Donnerstag 19.10.2017	Freitag 20.10.2017	Samstag 21.10.2017	Sonntag 22.10.2017
09:00 - 09:27 Total Body Workout*...	09:00 - 09:27 Fat Attack	09:00 - 09:26 Pilates CyberMoves	09:00 - 09:27 Body Vital CyberMov..	09:00 - 09:26 Bauch Beine Po Cybe...	09:30 - 09:56 Fat Attack	
09:30 - 09:57 Bauch Beine Po Cybe...	09:30 - 09:56 Bauch Beine Po Cybe...	09:30 - 09:42 Basic Streching Cyb...	09:30 - 09:57 Rücken Fit CyberMov.	09:30 - 09:42 Basic Streching Cyb...	10:00 - 10:26 Bauch Beine Po Cybe...	
10:00 - 10:27 Bauch Beine Po Cybe...	10:00 - 10:27 Rücken Fit CyberMov.	10:00 - 11:00 Reha Sport	10:00 - 10:27 Fat Attack	11:15 - 11:41 Rücken Fit CyberMov.	10:30 - 10:56 Fat Attack	
10:30 - 10:42 Basic Streching Cyb...	10:30 - 10:42 Basic Streching Cyb...	11:00 - 12:00 Seniorengymnastik	10:30 - 10:56 Bauch Beine Po Cybe...	11:45 - 12:10 Core Work**	11:00 - 11:26 Core Work**	
11:00 - 11:26 Fat Attack	11:00 - 11:27 Combat CyberMoves	15:00 - 15:27 Rücken Fit CyberMov.	11:00 - 11:12 Basic Streching Cyb...	14:00 - 14:26 Fat Attack	13:00 - 13:27 Combat CyberMoves	
15:00 - 15:29 Core Work**	15:00 - 15:27 Rücken Fit CyberMov.	15:30 - 15:57 Rücken Fit CyberMov.	15:00 - 15:27 Combat CyberMoves	14:30 - 14:56 Bauch Beine Po Cybe...	13:30 - 13:57 Total Body Workout*...	
15:32 - 15:59 Total Body Workout*...	15:30 - 15:57 Total Body Workout*...	16:00 - 16:27 Core Work**	15:30 - 15:57 Combat CyberMoves	15:00 - 15:26 Total Body Workout*...		
16:02 - 16:29 Core Work**	16:00 - 16:27 Pilates CyberMoves	16:30 - 16:56 Core Work**	16:00 - 16:26 Pilates CyberMoves	16:00 - 16:27 Combat CyberMoves		
16:32 - 16:52 Combat CyberMoves	16:30 - 16:42 Basic Streching Cyb...	17:00 - 18:00 FIVE Rücken	16:30 - 16:57 Pilates CyberMoves	16:30 - 16:42 Basic Streching Cyb...		

■ Ausdauer

■ Figur

■ Gesundheit

■ Kraft

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17:02 - 17:28 Bauch Beine Po Cybe.	17:00 - 17:26 Fat Attack	18:00 - 19:00 Yoga	16:30 - 16:57 Body Vital CyberMov..	18:00 - 19:00 Bauch Beine Po		
17:31 - 17:57 Fat Attack	17:30 - 17:56 Bauch Beine Po Cybe.		17:00 - 17:27 Total Body Workout*...	19:15 - 20:15 Step Aerobic		
18:00 - 19:00 Reha Sport	18:00 - 19:00 Step Aerobic		17:30 - 17:42 Basic Streching Cyb...	20:15 - 21:15 Zumba Fitness		
19:00 - 20:00 Rückenfit	18:00 - 19:00 Zumba Toning		18:00 - 19:00 Reha Sport			
	19:00 - 20:00 Zumba Fitness		19:00 - 20:00 Rückenfit			
	19:00 - 20:00 Bauch Beine Po		20:00 - 21:00 Cardiofit			

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