

Kursplan

15.04.2019 - 21.04.2019

Sport- und Therapiezentrum Chemnitz
 Straße der Nationen 99-101
 09113 Chemnitz
 0371 9187585
 info@gesundheitscenter-chemnitz.de



Montag 15.04.2019	Dienstag 16.04.2019	Mittwoch 17.04.2019	Donnerstag 18.04.2019	Freitag 19.04.2019	Samstag 20.04.2019	Sonntag 21.04.2019
<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; color: black; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Step Aerobic</div> <div style="background-color: #ffff00; color: black; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Zumba Toning</div> <div style="background-color: #d9534f; color: white; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Bauch Beine Po</div> <div style="background-color: #ffff00; color: black; 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 Seniorengymnastik</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: #d9534f; color: white; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Bauch Beine Po</div> <div style="background-color: #ffff00; color: black; padding: 5px; margin-bottom: 5px;">19:15 - 20:15 Step Aerobic</div> <div style="background-color: #ffff00; color: black; padding: 5px;">20:15 - 21:15 Zumba Fitness</div>		

■ Ausdauer
 ■ Figur
 ■ Gesundheit
 ■ Kraft

Stand: 18.04.2019