

Aktivitäts & Kursplan

Kursplan gültig ab 01.10.2015. Alle News u. Aktualisierungen findest Du auch auf Facebook unter: „Family Fitness Bochum“

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.15-10.15 Hot Iron 1/A	9.15-10.15 Pilates/A	9.15-10.15 Wirbelsäule/A	8.45-9.30 Morning Fit	9.15-10.15 Cardio Power/A	10.15-11.15 Wirbelsäule/A	10.15-11.15 Bodystyling/A
10.15-11.15 Bodystyling/A	10.30-11.45 Fit dank Baby/A	10.15-10.45 Stretch/A	9.30-10.30 Bodyworkout/A	10.15-10.45 Bauch Workout/A	11.15-12.15 HotIron 2 /F	11.15-12.15 Schwinn Cycling/F
	12.00-13.15 Fit dank Baby/A		11.00-11.30 Functional Training		12.30-13.30 Schwinn Cycling /A	11.15-12.15 Intervall/A
11.00-11.45 Rehasport	13.30-14.45 Fit dank Baby/A		11.00-11.45 Rehasport			12.30-13.30 Zumba/A
	11.00-11.45 Rehasport		12.00-12.45 Rehasport			13.30-14.30 Jumping Fitness
17.00-18.00 Wirbelsäule	15.00-15.45 Rehasport	17.00-18.00 Wirbelsäule/A	15.00-15.45 Rehasport			
18.00-19.00 Schwinn Cycling /E	17.00-17.45 Rehasport	18.00-18.45 Functional Training	16.00-16.45 Rehasport	18.00-19.00 Schwinn Cycling /E		
18.00-19.00 Intervall / A	18.00-18.45 Functional Training	18.00-19.00 deepWORK/A	17.00-18.30 Yoga	18.00-19.00 Hot Iron 1/A		
18.00-18.45 Functional-Training	18.00-19.00 Bodystyling/A	18.00-19.00 Schwinn Cycling /F	18.00-18.45 Functional Training	19.00-19.30 Bauchworkout/A		
19.00-19.45 Functional-Training	19.00-20.00 Step /A	19.00-20.00 Schwinn Cycling /A	18.00-19.00 Zumba/A			
19.00-20.00 Schwinn Cycling /F	20.00-21.00 Boxworkout /A	19.00-20.00 Hot Iron 1/F	19.00-20.00 BOP/A			
19.00-20.15 Yoga	20.00-21.00 Jumping Fitness	20.00-21.00 Zumba/A	19.00-19.45 Functional Training			
20.15-21.15 Zumba/A						

Power Plate Aktivitätsplan

Bochum-Harpen

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00-09:30 Power Workout Kraftzuwachs / Muskelstraffung	09.00-09:30 Body Balance Stretching & Relaxing	08:45-09:15 Body Shape Anti Cellulite / Straffe Haut		09:00-09:30 Body Shape Anti Cellulite / Straffe Haut		10:45-11:15 Body Shape Anti Cellulite / Straffe Haut
					11:45-12:15 Body Shape Anti Cellulite / Straffe Haut	12:15-12.45 Power Workout Kraftzuwachs / Muskelstraffung
	17:30-18:00 Power Workout Kraftzuwachs / Muskelstraffung	09:45-10:15 Power Workout Kraftzuwachs / Muskelstraffung		16:30-17:00 Body Shape Anti Cellulite / Straffe Haut		
16:30-17:00 Power Workout Kraftzuwachs / Muskelstraffung	19:30-20:00 Body Balance Stretching & Relaxing	17:00-17:30 Power Workout Kraftzuwachs / Muskelstraffung	17:30-18:00 Power Workout Kraftzuwachs / Muskelstraffung			
18:30-19:00 Body Shape Power Plate trifft Gymnastik				18:30-19:00 Power Workout Kraftzuwachs / Muskelstraffung		
19:30-20:00 Power Workout Kraftzuwachs / Muskelstraffung		19:30-20:00 Body Shape Anti Cellulite / Straffe Haut		19:30-20:00 Body Balance Stretching & Relaxing		