

Kursplan Abteilung Fitness – BTV-Sportpark Badorf

Cross & Core

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00-9:45 Black Roll & Mobility						9:00-10:00 Gewichtheben
10:00-11:00 Core Fitness						10:00-11:30 Workout of the Day
18:00-19:00 Erg. Conditioning	17:30-18:45 Hyrox	17:00-18:00 Open Gym	17:00-18:15 Hyrox	17:00-18:15 AthletiX Body Workout		
19:00-20:00 Strength & Conditioning	18:45-20:00 Hyrox	18:00-19:00 Strength & Conditioning	18:15-19:30 Hyrox	18:30-19:30 Hyrox		
20:00-20:45 Black Roll & Mobility		19:00-20:00 Grundlagen				

Synrgy

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	10:00-11:00 Synrgy		10:00-11:00 Synrgy	10:00-11:00 Synrgy	10:30-11:30 Synrgy
17:30-18:30 Synrgy					
18:30-19:30 Synrgy		18:00-19:00 Synrgy			
19:30-20:30 Synrgy					



Der Kursplan als Download



BTV-Sportpark Badorf, Steingasse 2, 50321 Brühl

02232-932180

