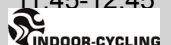


# Kursplan Abteilung Fitness – BTV-Sportpark Badorf

## Halle 2

| Montag                    | Dienstag                  | Mittwoch                                                  | Donnerstag                                | Freitag                     | Samstag                                                                                                                     | Sonntag                                                                                                                                        |
|---------------------------|---------------------------|-----------------------------------------------------------|-------------------------------------------|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
|                           |                           | 9:00-9:30<br><small>LES MILLS</small><br><b>CORE</b>      |                                           | 09:30-10:25<br>Rücken-Bauch | 9:15-10:45<br>Yoga                                                                                                          |                                                                                                                                                |
| 10:30-11:25<br>BOP        | 10:00-11:00<br>Rücken Fit | 9:35-10:35<br><small>LES MILLS</small><br><b>BODYPUMP</b> | 10:30-11:30<br>Wirbelsäulen-<br>Gymnastik | 10:30-11:30<br>Stretching   | 11:00-11:55<br><br><b>INDOOR-CYCLING</b> | 10:35-11:35<br><small>LES MILLS</small><br><b>BODYPUMP</b>                                                                                     |
| 11:30-12:30<br>Rücken Fit | 11:05-12:05<br>Pilates    |                                                           | 11:35-12:30<br>Aerobic - Low<br>Impact    |                             | 12:00-13:00<br><br><b>INDOOR-CYCLING</b> | von Sept.-April<br>11:45-12:45<br><br><b>INDOOR-CYCLING</b> |

|                                                                                                                             |                             |                                                               |                                                                                                                           |                                                            |  |
|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|--|
| 18:00-19:00<br><small>LES MILLS</small><br><b>BODYPUMP</b>                                                                  |                             | 18:00-18:30<br><small>LES MILLS</small><br><b>CORE</b>        | 18:00-19:25<br><br><b>INDOOR-CYCLING</b> | 18:30-19:00<br><small>LES MILLS</small><br><b>CORE</b>     |  |
| 19:05-19:20<br>Bauch-<br>Express                                                                                            | 18:30-19:25<br>Body Workout | 18:35-19:35<br><small>LES MILLS</small><br><b>BODYPUMP</b>    | 19:30-20:25<br>Step I-II                                                                                                  | 19:05-20:05<br><small>LES MILLS</small><br><b>BODYPUMP</b> |  |
| 19:25-20:25<br><b>LMI STEP</b>                                                                                              | 19:30-21:00<br>Yoga         | 19:40-20:40<br><small>LES MILLS</small><br><b>BODYBALANCE</b> | 20:30-21:30<br>BOP                                                                                                        |                                                            |  |
| 20:30-21:30<br><br><b>INDOOR-CYCLING</b> |                             |                                                               |                                                                                                                           |                                                            |  |

## Halle 1

| Montag                      | Dienstag               | Mittwoch                                  | Donnerstag                                                 | Freitag                           |
|-----------------------------|------------------------|-------------------------------------------|------------------------------------------------------------|-----------------------------------|
|                             |                        | 10:00-11:00<br>Jumping<br>Fitness         |                                                            |                                   |
| 18:30-19:25<br>Rücken-Bauch | 18:00-18:55<br>Pilates | 18:00-18:55<br>Wirbelsäulen-<br>Gymnastik | 17:30-18:25<br>Jumping<br>Fitness                          | 17:00-17:55<br>Jumping<br>Fitness |
| 19:30-20:30<br>Fit Fighting |                        | 19:00-20:00<br>Jumping<br>Fitness         | 18:30-19:30<br><small>LES MILLS</small><br><b>LMI STEP</b> | 18:00-19:00<br>Pilates            |
|                             |                        |                                           | 19:35-20:30<br>Five Gym                                    |                                   |

 **SPORTMEO**



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