# Kursplan

02.11.2026 - 08.11.2026

**Fitness Center Bardo**
Zur Siedlung 9
04769 Naundorf

03435 931188
info@fitnesscenter-bardo.de

| Montag 02.11.2026 | Dienstag 03.11.2026 | Mittwoch 04.11.2026 | Donnerstag 05.11.2026 | Freitag 06.11.2026 | Samstag 07.11.2026 | Sonntag 08.11.2026 |
|---|---|---|---|---|---|---|
| 09:00 - 09:30<br>Rückenfit | 15:45 - 16:15<br>Core | 08:00 - 08:45<br>REHA<br>Stefanie | 16:00 - 16:45<br>REHA<br>Stefanie | 09:00 - 09:30<br>Core | | |
| 09:35 - 10:05<br>BALLance | 16:20 - 16:50<br>BALLance | 09:00 - 09:30<br>Rückenfit | 17:00 - 17:30<br>Rückenfit | 09:45 - 10:30<br>Spinning | | |
| | 17:00 - 17:45<br>Step Aerobic | 09:35 - 10:05<br>BALLance | 17:35 - 18:35<br>Yoga | 10:45 - 11:15<br>BALLance | | |
| | 18:00 - 18:30<br>Rückenfit | 10:30 - 11:00<br>Rückenfit | 18:45 - 19:15<br>Sling | | | |
| | 18:35 - 19:05<br>BALLance | 11:05 - 11:35<br>BALLance | 19:20 - 19:50<br>BALLance | | | |
| | | 17:30 - 18:15<br>REHA AKTIV<br>Stefanie | | | | |
| | | 18:30 - 19:00<br>Power Workout | | | | |
| | | 19:15 - 20:00<br>Spinning | | | | |

Stand: 04.11.2026

Ausdauer | BALLance | Fitness & Figur | Rücken & Core