

# Kursplan

26.09.2022 - 02.10.2022

Fitness Center Bardo  
 Zur Siedlung 9  
 04769 Naundorf  
 03435 931188  
 info@fitnesscenter-bardo.de



Montag 26.09.2022	Dienstag 27.09.2022	Mittwoch 28.09.2022	Donnerstag 29.09.2022	Freitag 30.09.2022	Samstag 01.10.2022	Sonntag 02.10.2022
08:00 - 08:45 REHA Stefanie	15:45 - 16:15 Core Florian	09:00 - 09:30 Rückenfit Stefanie	16:30 - 17:00 Rückenfit Florian	09:00 - 09:30 Core Florian		
09:30 - 10:15 Fit für die Enkel Irmgard	16:30 - 17:00 BALLance Stefanie	09:45 - 10:15 BALLance Stefanie	17:30 - 18:15 Step Aerobic Dana	09:45 - 10:30 Spinning Sebastian		
10:30 - 11:00 Rückenfit Stefanie	18:00 - 18:30 Rückenfit Stefanie	16:30 - 17:00 BALLance Florian	18:30 - 19:00 Sling Florian	10:45 - 11:15 BALLance Stefanie		
11:15 - 11:45 BALLance Stefanie	18:45 - 19:15 BALLance Stefanie	18:00 - 18:30 Power Workout Florian	19:15 - 19:45 BALLance Florian	15:00 - 15:45 REHA Stefanie		
12:00 - 12:45 REHA Stefanie		19:15 - 20:00 Spinning Sebastian	20:00 - 20:45 Langhantel Workout Florian	16:00 - 16:30 BALLance Stefanie		
16:30 - 17:00 Bauch Beine Po Florian						
18:45 - 19:30 Spinning Sebastian						
19:45 - 20:30 Tai Chi Chuan Ulf						

Ausdauer
  BALLance
  Fitness & Figur
  Rücken & Core

Stand: 27.09.2022