

# Kursplan

21.01.2019 - 27.01.2019

RÜCKGRAT Müllheim  
Am Torhaus 1  
79379 Müllheim  
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| Montag 21.01.2019                         | Dienstag 22.01.2019                           | Mittwoch 23.01.2019                             | Donnerstag 24.01.2019                      | Freitag 25.01.2019                            | Samstag 26.01.2019                    | Sonntag 27.01.2019                    |
|---|---|---|--|---|---------------------------------------|---------------------------------------|
| 09:00 - 10:00<br>WS mit five<br>Alexandra | 09:00 - 10:00<br>WS mit five<br>Stephi        | 08:45 - 09:45<br>WS mit five<br>Jasmin          | 09:30 - 10:30<br>WS mit five<br>Sandra     | 09:00 - 10:00<br>Body Forming<br>Sandra P.    | 16:30 - 17:30<br>Gym-Special<br>Joker | 10:15 - 11:15<br>Gym-Special<br>Joker |
| 17:45 - 18:45<br>Body Combat<br>Patrick   | 09:00 - 10:00<br>Pilates<br>Susanne B.        | 08:45 - 09:45<br>Body Art<br>Susanne            | 09:30 - 10:30<br>Pilates<br>Alexandra      | 10:00 - 10:45<br>Indoor Cycling<br>Sandra P.  |                                       | 11:15 - 12:15<br>Gym-Special<br>Joker |
| 18:45 - 19:30<br>Indoor Cycling<br>Thilo  | 10:00 - 11:00<br>Functional Fitness<br>Stephi | 09:45 - 10:30<br>Zumba<br>Susanne               | 10:30 - 11:30<br>Faszien-Pilates<br>Sandra | 17:30 - 18:15<br>Indoor Cycling<br>Theresa K. |                                       |                                       |
| 19:00 - 20:00<br>WS mit five<br>Stefan    | 10:00 - 11:00<br>Pilates<br>Susanne B.        | 17:45 - 18:45<br>Zumba<br>Sandra P.             | 10:30 - 11:45<br>Yoga<br>Isa               | 18:30 - 19:30<br>Body Pump<br>Patrick         |                                       |                                       |
| 19:45 - 20:45<br>Fit Body<br>Stephi       | 17:00 - 18:00<br>Stretch & Relax<br>Gunda     | 18:00 - 18:45<br>Indoor Cycling<br>Kristina     | 18:15 - 19:15<br>Body Combat<br>Patrick    | 18:30 - 19:30<br>WS mit five<br>Sabine B.     |                                       |                                       |
| 20:00 - 20:45<br>Men at Work<br>Uwe       | 18:00 - 19:00<br>Body Forming<br>Ines         | 18:45 - 19:45<br>Body Forming<br>Nathalie/Dragi | 19:00 - 20:00<br>Pilates<br>Sandra         |   |                                       |                                       |
|   | 18:00 - 19:00<br>Pilates<br>Sandra            | 19:00 - 19:45<br>Indoor Cycling<br>Philipp      | 19:15 - 20:30<br>Body Pump<br>Corina       |   |                                       |                                       |
|   | 19:00 - 20:00<br>Functional Fitness<br>Corina | 20:00 - 20:45<br>WS mit five<br>Tanja           |  |   |                                       |                                       |
|   | 19:00 - 20:15<br>Yoga<br>Nadin                |   |  |   |                                       |                                       |
|   | 20:00 - 21:15<br>Body Pump<br>Patrick         |   |  |   |                                       |                                       |

■ Herz-Kreislauf &...
 ■ Kraft & Fettverb...
 ■ Körper & Entspan...
 ■ Rücken & Gesundh...

Stand: 23.01.2019