

Sport- und Gymnastikangebote im Gymnastikraum CoeBad ab 05.01.2015

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Ort	Gymnastikraum	Gymnastikraum	Gymnastikraum	Gymnastikraum	Gymnastikraum
08:00					
08:15					
08:30					
08:45					
09:00				08:45 - 09:45 MiA	
09:15					
09:30		9:30 - 10:30 Rücken- training 1264-1	9:30 - 10:30 BOP 1220-3	09:45 - 10:45 Rücken- training 1264-2	
09:45					
10:00					
10:15					
10:30					
10:45					

15:00					
15:15					
15:30					15:30 - 16:30 Indoor Cycling 1224-2
15:45					
16:00					16:30 - 17:30 Indoor Cycling 1224-3
16:15					
16:30					
16:45					
17:00					
17:15					
17:30					
17:45					
18:00			18:00 - 19:00 Flexi-Bar 1247-1		
18:15	18:15 - 19:45 Yoga 1222-1				
18:30			19:00 - 20:00 Beckenboden- training 1250-2		
18:45					
19:00					
19:15					
19:30					
19:45					
20:00					
20:15					
20:30				20:30 - 21:30 Indoor Cycling 1224-1	
20:45					
21:00					
21:15					
21:30					