

Kursplan

11.12.2017 - 17.12.2017

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Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
09:00 - 09:45 Reha-Sport*	08:15 - 09:00 Reha-Sport*	08:30 - 09:15 Reha-Sport*	09:00 - 09:45 Reha-Sport*	09:00 - 09:45 Reha-Sport*	10:00 - 11:00 Life-Zirkel®*	10:00 - 11:00 Zumba
10:00 - 10:45 Reha-Sport*	09:00 - 10:00 Chi-Strong	09:30 - 10:30 Bokwa®	10:00 - 10:45 Reha-Sport*	09:00 - 10:00 4Dpro- und Flexi-Tr...	11:00 - 12:00 HUMANSport®	10:00 - 11:00 Life-Zirkel®*
10:00 - 11:00 Faszien-Training*	10:00 - 11:00 Bodypump®	10:00 - 11:00 HUMANSport®	10:00 - 11:00 Aerolates	10:00 - 11:00 Life-Zirkel®*		11:00 - 12:00 Bodypump®
10:00 - 11:00 Life-Zirkel®*	17:00 - 17:45 Reha-Sport*	10:30 - 11:30 Wirbelsäulengymnast	16:00 - 16:45 Reha-Sport*	10:00 - 11:00 Yoga		11:00 - 12:00 Wirbelsäulengymnast
10:30 - 11:00 Functional Training...	17:00 - 17:30 Functional Training...	18:00 - 18:45 Reha-Sport*	17:00 - 17:45 Reha-Sport*	17:00 - 17:45 Reha-Sport*		
11:00 - 11:45 Reha-Sport*	17:00 - 18:00 Zumba Kids	18:00 - 19:00 BOP	17:00 - 18:00 Fit-Kids*	17:45 - 19:00 Bodypump®		
16:00 - 16:45 Reha-Sport*	18:00 - 18:45 §20 Präventionskurs...	18:00 - 19:00 HUMANSport®	18:00 - 19:00 Life-Zirkel®*	18:00 - 18:45 Push & Pull		
16:00 - 17:00 Fit-Kids*	18:00 - 19:00 Life-Zirkel®*	19:00 - 20:00 Wirbelsäulengymnast	18:00 - 19:00 Haevy Five®*			
17:00 - 17:45 Reha-Sport*	19:00 - 19:45 Reha-Sport*	19:00 - 19:30 Five®*	18:00 - 18:30 Functional Training...			

■ Fit-Kids
 ■ Gerätetraining
 ■ Gesundheit / Mob...
 ■ Kraft & Cardio

Stand: 16.12.2017

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<div style="background-color: #f4a460; padding: 5px; margin-bottom: 5px;">17:00 - 18:00 Fit-Kids*</div> <div style="background-color: #66b3ff; padding: 5px; margin-bottom: 5px;">17:50 - 18:50 Spinning</div> <div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">18:30 - 19:00 Functional Training...</div> <div style="background-color: #66b3ff; padding: 5px; margin-bottom: 5px;">18:50 - 19:50 Step-Aerobic</div> <div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 HUMANSport®</div> <div style="background-color: #008000; color: white; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Yoga</div> <div style="background-color: #008000; color: white; padding: 5px;">20:00 - 21:00 Wirbelsäulengymnast.</div>	<div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Freestyle Training*...</div> <div style="background-color: #008000; color: white; padding: 5px;">19:00 - 20:00 Ernährungsseminar*</div>	<div style="background-color: #66b3ff; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Selbstverteidigungs...</div> <div style="background-color: #800000; color: white; padding: 5px;">19:00 - 19:45 Push & Pull*</div>	<div style="background-color: #800000; color: white; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Life-Zirkel®*</div> <div style="background-color: #66b3ff; padding: 5px; margin-bottom: 5px;">19:00 - 19:45 Spinning (Mixed Cla...</div> <div style="background-color: #66b3ff; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Fitnessboxen</div> <div style="background-color: #66b3ff; padding: 5px;">21:00 - 22:00 * = GEMA-frei</div>			

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