

Gültig ab 07.01.2019

.WORKERS HALL. KURSPLAN

SPORTS SOCIETY E. V.

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SONNTAG
KURSRAUM 1	KURSRAUM 2	KURSRAUM 1	KURSRAUM 2	KURSRAUM 1	KURSRAUM 2	KURSRAUM 1	KURSRAUM 2	KURSRAUM 1	KURSRAUM 2	KURSRAUM 1
09:30 - 10:15 SBA I		09:30 - 10:15 BELLICON		09:30 - 10:30 INDOOR CYCLING FOR ALL		09:30 - 10:15 LES MILLS BODYATTACK™		09:30 - 10:15 BELLICON		
	10:30 - 11:15 TRX	10:30 - 11:15 SBA III	10:30 - 11:15 PILATES		10:45 - 11:15 SIXPACK	10:30 - 11:15 SBA III	10:30 - 11:15 LES MILLS BODYBALANCE™		10:30 - 11:15 TRX	10:30 - 11:30 KAPOW
17:00 - 18:00 ZUMBA TEENS	17:00 - 18:00 SBA VI			17:00 - 17:45 BELLICON TEENS	17:00 - 18:00 SBA IV			17:00 - 17:45 BOP		11:30 - 12:00 STRETCH&RELAX
18:00 - 18:45 LES MILLS BODY ATTACK™	18:00 - 18:45 BOP	18:00 - 18:45 WSG	18:15 - 18:45 SIXPACK	18:00 - 18:45 BODYSHAPE	18:00 - 18:45 TRX	18:00 - 18:45 WSG	18:00 - 18:45 TRX	18:00 - 19:00 INDOOR CYCLING EASY		
18:45 - 19:30 LES MILLS BODY BALANCE™	19:00 - 20:00 SBA VI	19:00 - 19:45 PUMP IRON	18:45 - 19:45 FITNESS-YOGA	18:45 - 19:30 ZUMBA FITNESS	19:00 - 20:00 SBA VI	19:00 - 19:45 BELLICON	19:00 - 19:45 STEP AEROBIC			
19:30 - 21:00 INDOOR CYCLING POWER		20:00 - 20:45 LES MILLS LES MILLS GRIT™	20:00 - 20:45 TRX	19:30 - 21:00 INDOOR CYCLING FLEXI		20:00 - 20:45 LES MILLS LES MILLS GRIT™	19:45 - 20:15 STRETCH&RELAX			
		KURSRAUM 3				KURSRAUM 3				
		18:00 - 19:10 LADYKICKBOXEN ONLY FOR THE GIRLS				18:00 - 19:10 LADYKICKBOXEN ONLY FOR THE GIRLS				
		19:15 - 20:25 LADYKICKBOXEN ONLY FOR THE LADIES				19:15 - 20:25 LADYKICKBOXEN ONLY FOR THE LADIES				

ÖFFNUNGSZEITEN

MO. - DO.	08.30 - 22.30
FR.	08.30 - 21.00
SA. - SO.	10.00 - 18.00

.WORKERS HALL Sports Society e.V.

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