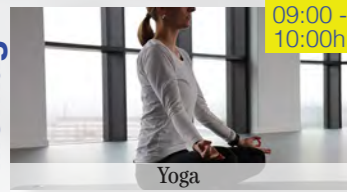


Kursplan Mai 2024

Montag



09:00 - 10:00h
Yoga



10:00 - 11:00h
Pilates



18:30 - 20:30h
Indoorcycling *)



19:00 - 20:00h
Bauch-Beine-Po



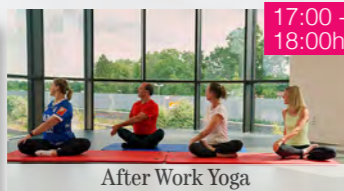
20:00 - 20:45h
Muskellängentraining

Montag

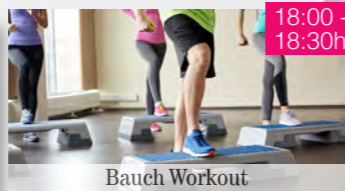
Dienstag



16:00 - 17:00h
Vitaler Rücken



17:00 - 18:00h
After Work Yoga



18:00 - 18:30h
Bauch Workout



18:30 - 19:30h
Ganzkörper Cardio Workout



18:45 - 19:30h
Schlingentraining

Dienstag

Mittwoch



09:00 - 10:00h
Bodega



10:00 - 11:00h
Wirbelsäulengymnastik



15:00 - 16:00h
ab 08.05.
Fit & Fun for KiSS (1)




16:00 - 17:00h
ab 08.05.
Fit & Fun for KiSS (2)



17:30 - 18:00h
Bauch Workout



18:00 - 19:00h
Pilates



18:00 - 19:00h
Bodyfit

Mittwoch

Donnerstag



19:00 - 20:00h
Zumba-Fitness



19:00 - 20:30h
Yoga



19:00 - 20:30h
Autogenes Training



17:30 - 18:15h
Schlingentraining



ab 16.05.
17:30 - 18:30h
Body Balance



18:30 - 20:00h
Indoorcycling *)



18:30 - 19:30h
Bodyfit

Donnerstag

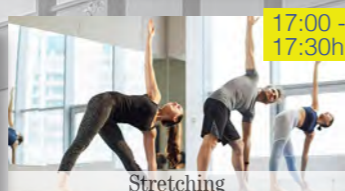
Freitag



10:00 - 11:00h
Workout-Mix



16:00 - 17:00h
Vitaler Rücken



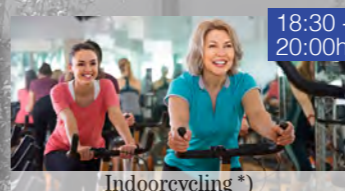
17:00 - 17:30h
Stretching



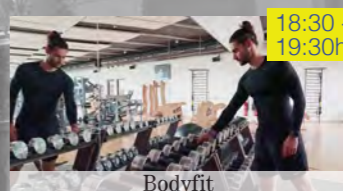
17:30 - 18:15h
Schlingentraining



ab 16.05.
17:30 - 18:30h
Body Balance



18:30 - 20:00h
Indoorcycling *)



18:30 - 19:30h
Bodyfit

Freitag

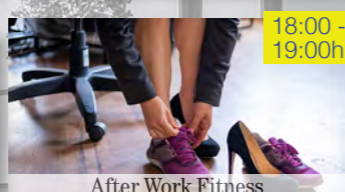
Samstag



09:00 - 10:00h
Starker Rücken



17:00 - 18:00h
Fatburner



18:00 - 19:00h
After Work Fitness



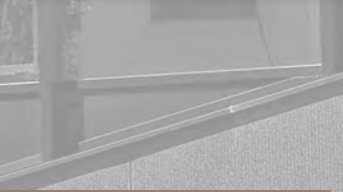
17:00 - 18:00h
ab 17.05.
Yoga



ab 16.05.
17:30 - 18:30h
Body Balance



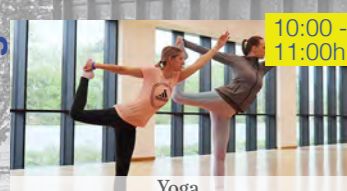
18:30 - 20:00h
Indoorcycling *)



18:30 - 19:30h
Bodyfit

Samstag

Sonntag



10:00 - 11:00h
Yoga



14:00 - 15:00h
nur alle 14 Tage+ für Geübte
High Intensity Bodyforming



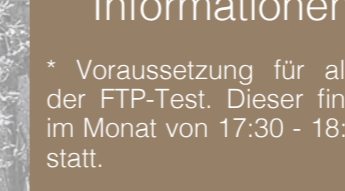
18:00 - 19:00h
After Work Fitness



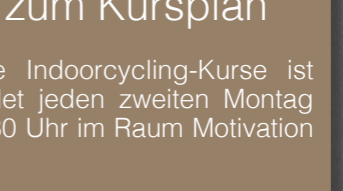
17:00 - 18:00h
ab 17.05.
Yoga



ab 16.05.
17:30 - 18:30h
Body Balance



18:30 - 20:00h
Indoorcycling *)



18:30 - 19:30h
Bodyfit

Sonntag



09:00 - 10:00h
Bodyfit

Informationen zum Kursplan

* Voraussetzung für alle Indoorcycling-Kurse ist der FTP-Test. Dieser findet jeden zweiten Montag im Monat von 17:30 - 18:30 Uhr im Raum Motivation statt.

** nur alle 14 Tage

Kursanmeldungen bitte vorab per E-Mail an fitness@postsv.de

An Feiertagen können sämtliche Kurse entfallen

- Kreation OG
- Thomas OG
- Inspiration OG
- Dynamik OG
- Innovation UG
- Motivation UG
- Synergie UG
- Transparenz UG