

Kursplan KW27

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Fit & Balance 09:30 - 10:25	Vital & Fit 10:30 - 11:25	Rehasport 10:30 - 11:15	Full Body Workout 09:30 - 10:25	Rücken Fit 10:30 - 11:25	Rehasport 10:00 - 10:45	Cycling 11:00 - 11:55
Rehasport 10:40 - 11:25	Bauch Express 18:00 - 18:30	Self Defence 17:30 - 18:25	Pilates 10:30 - 11:25	Rücken Yoga 17:00 - 17:55	Vital & Fit 11:00 - 11:55	
Workout 18:30 - 19:25	Cycling 18:30 - 19:25	Bauch Express 18:00 - 18:30	Bauch Express 18:00 - 18:30		Body Tuning 12:00 - 12:55	
Bootcamp 19:30 - 20:25	Rücken Fit 18:30 - 19:25	Rücken Fit 18:30 - 19:30	Rehasport 18:15 - 19:00			
Jumping 19:30 - 20:25	Yin Yoga 18:30 - 19:25	Strong Nation 18:30 - 19:25	Cycling 18:30 - 19:25			
	Zumba 19:30 - 20:25	Boxen 19:30 - 21:00	Rehasport 19:15 - 20:00			
			Bootcamp 19:30 - 20:25			

Kursraum 1
 Functional Raum
 Yoga

www.sportlife-pulheim.de

Öffnungszeiten

Mo - Do 08:00 - 23:00
 Fr 08:00 - 22:00
 Sa-So 09:00 - 20:00

Kontakt

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