

Kursplan

Stand 01.02.2023

SPORT *life*

MO	Di	MI	Do	Fr	Sa	So
09:30 - 10:25 Fit & Balance	10:30 - 11:25 Vital & Fit	10:30 - 11:15 <i>Rehasport</i>	09:30 - 10:25 Full Body Workout	10:30 - 11:25 Rücken Fit	11:00 - 11:45 <i>Rehasport</i>	11:00 - 11:55 Cycling
10:40 - 11:25 <i>Rehasport</i>	18:00-18:30 Bauch Express	17:30-18:25 Self Defence	10:30-11:25 Pilates	17:00 - 17:55 Rücken Yoga	12:00 - 12:55 Body Tuning	
18:00 - 18:30 Bauch Express	18:30 - 19:25 Yin Yoga	17:30-18:25 Faszienyoga	18:15 - 19:00 <i>Rehasport</i>	18:00 - 19:00 Hula Hoop Special*	*Findet alle zwei Wochen statt (genauere Infos bei uns im Club)	
18:30 - 19:25 Workout	18:30 - 19:25 Rücken Fit	18:30-19:25 Strong Nation	18:30 - 19:25 Cycling			
19:30 - 20:25 Jumping	18:30 - 19:25 Cycling	19:35-21:05 Boxen	19:15 - 20:00 <i>Rehasport</i>			
19:30 - 20:25 Bootcamp	19:30 - 20:25 Zumba					

Öffnungszeiten

Mo-Do 08:00 - 23:00

Fr 08:00 - 22:00

Sa-So 09:00 - 20:00

Kontakt

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Erdgeschoss
 1.Etage
 Yoga

www.sportlife-pulheim.de