

KURSPLAN

SPORT *life*

Gültig ab dem 01.12.2024

MO	Di	MI	Do	Fr	Sa	So
09:30 - 10:25 Fit & Balance <i>Mit Tatjana</i>	09:30 - 10:15 Rehasport <i>Mit Zaid</i>	10:30 - 11:15 Rehasport <i>Mit Zaid</i>	09:30 - 10:25 Full Body Workout <i>Mit Tatjana</i>	09:30 - 10:15 Rehasport <i>Mit Zaid</i>	09:30 - 10:15 Rehasport <i>Mit Salva</i>	11:00 - 11:55 Functional-Training <i>Mit Salva</i>
10:45 - 11:30 Rehasport <i>Mit Zaid</i>	10:30 - 11:25 Vital & Fit <i>Mit Zaid</i>	12:00 - 12:45 Rehasport <i>Mit Zaid</i>	10:30-11:25 Pilates <i>Mit Tatjana</i>	10:30 - 11:25 Rücken Fit <i>Mit Zaid</i>	11:00 - 11:55 Body Tuning <i>Mit Andrea</i>	
10:40 - 11:35 Hatha Yoga <i>Mit Katja</i>	12:00 - 12:45 Rehasport <i>Mit Zaid</i>	15:30 - 16:15 Rehasport <i>Mit Salva</i>	18:00 - 18:55 Core Relax <i>Mit Salva</i>	15:00 - 15:45 Rehasport <i>Mit Zaid</i>	12:00 - 12:55 Mobility <i>Mit Salva</i>	
15:00 - 15:45 Rehasport <i>Mit Marius</i>	18:00-18:25 Bauch Express <i>Mit Jannik</i>	16:30 - 17:15 Rehasport <i>Mit Salva</i>	18:15 - 19:00 Rehasport <i>Mit Christiane</i>	17:00 - 17:55 Rücken Yoga <i>Mit Sabine</i>		
17:00 - 17:45 Rehasport <i>Mit Marius</i>	18:30 - 19:25 Rücken Fit <i>Mit Mirna</i>	17:30-18:25 Faszien Yoga <i>Mit Mirna</i>	18:30 - 19:25 Cycling <i>Mit Lars</i>			
18:00 - 18:25 Bauch Express <i>Mit Jannik/Marius</i>	18:30 - 19:25 Cycling <i>Mit Peter</i>	18:30-19:30 Strong Nation <i>Mit Mirna</i>	19:15 - 20:00 Rehasport <i>Mit Christiane</i>			
18:30 - 19:25 Workout <i>Mit Andrea</i>	19:30 - 20:25 Zumba <i>Mit Mirna</i>	18:30 - 19:25 Yin Yoga <i>Mit Katja</i>				
19:30 - 20:25 Jumping <i>Mit Gaby</i>		19:45 - 20:40 HIIT Training <i>Mit Salva</i>				

Öffnungszeiten

Sommer (01.05.-31.08.24)

Mo-Fr 08:00 - 22:00 Uhr

Sa-So/Feiertag 09:00 - 18:00 Uhr

Winter (01.09.-30.04.25)

Mo-Do 08:00 - 23:00 Uhr

Fr 08:00 - 22:00 Uhr

Sa-So/Feiertag 09:00 - 20:00 Uhr

Kontakt

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 Erdgeschoss

 1.Etage

 Yogaraum

www.sportlife-pulheim.de