

Kursplan

Coburg

Öffnungszeiten: Mo.- Fr. 08:00 - 22:00
Sa. & So. 09:00 - 19:00

MO	DI	MI	DO	FR	SA
10:00 (60) Body Workout Olga	10:00 (60) Body Workout Olga	Tue es für dich selbst	If it hurt it works	10:00 (60) Body Workout Nadine	9:45 (60) Basic Step
Power					11:00 (60) Basic Step Yvonne
17:00 (45) Jumping Naemi	17:00 (45) Basic Step Oksana	17:00 (45) Flexi/ Body Workout Kati	17:00 (45) Kettlebell Gülcin	16:00 (45) Workout Kessi	
18:00 (45) Flexibar 2 Kessi	18:00 (45) Body Workout Oksana	18:00 (45) Body Art Kati	18:00 (45) Reha Sport Raum 2 Udo	17:00 (45) Fun Step Kessi	Ausreden verbrennen keine Kalorien
17:45 (45) Reha Sport Raum 2 Udo	Go hard or go home	Gehe an dein Limit	18:00 (45) Basic Step Yvonne	18:00 (60) Jumping Naemi	
18:30 (60) Functional am Turm Naemi & Dominik		19:00 (45) New Fatburner Gülcin	19:00 (45) Pilates Yvonne	Workout time	
19:00 (45) Basic Step Nadine	19:00 (60) Yoga Sandra	20:00 (60) Workout Gülcin	20:00 (60) Workout Kati		
20:00 (60) All in One Nadine					

Tel.: 09561/ 68036

www.sportshouse.gmbh

Vorderer Floßanger 2c, 96450 Coburg