Vie Vitale Kursplan

ab 19.10.2020

Montag

Indoor K1	Indoor Halle	Outdoor FunctP	Outdoor Zelt K2
08.05-08.50 Sanfte Bauch-Po-Beine			
09.00-10.00 Rücken Yoga (Reha)		09.00-09.45 Fatburner	
10.10-10.55 Orth. Reha/ Sanfte Fitness		10.15-11.00 Balanced Fit (Reha)	
11.05-11.50 EndoProthetik (Reha)			
11.15-12.00 Pilates (Reha)			
14.45-15.30 Orth. Reha/ Sanfte Fitness			
16.10-16.55 Kinderballett (3-6J)		15.40-16.25 Jumping (ab 6J) Kids&Teens	
17.05-17.50 Orth. Reha/ Sanfte Fitness		16.40-17.25 F4D Kids (ab 8J)	
18.00-18.45 Step		17.30-18.15 Fit4Drums	
18.55-19.40 Orth. Reha/ Sanfte Fitness		18.30-19.30 Cycling	
19.00-19.45 Rücken TopFit		18.30-19.15 Body Complete	
19.50-20.35 Stretch & Relax			
19.55-20.40 Rücken TopFit			

Dienstag

Indoor K1	Indoor Halle	Outdoor FunctP	Outdoor Zelt K2
08.00-08.45 ArthroseGymn (Reha)			
08.15-09.00 Entspannt bewegen		09.00-09.45 Be Balanced	
09.10-09.55 Alles Gute f. d. Nacken		10.00-10.45 Jumping	
10.05-10.50 Rücken TopFit			
11.00-11.45 Orth. Reha/ Sanfte Fitness			
11.15-12.00 EndoProthetik (Reha)			
15.00-15.45 FitKids (6-9J)			
16.00-16.45 MiniKids (3-5J)		17.00-17.45 Body Complete	
17.05-17.50 Wirbelsäule (Reha)		17.00-17.45 Jumping Power	
18.00-18.45 Pilates & Stretch		18.00-18.45 Strong Nation	
18.55-19.55 Yoga		18.00-18.45 Jumping Easy	
20.05-21.20 Yoga		19.15-20.15 Cycling	

Mittwoch

Indoor K1	Indoor Halle	Outdoor FunctP	Outdoor Zelt K2
08.45-09.45 Rücken Yoga (Reha)			
09.10-09.55 Wirbelsäule (Reha)		09.15-10.00 Cardio Intervall	
10.05-10.50 Wirbelsäulen Gymn		10.00-10.45 Fit4Drums	
11.00-11.45 Faszie (Reha)			
16.00-16.45 MiniKids (3-5J)			
17.00-17.45 Streetdance (ab 10J)		17.00-17.45 Fatburner	
18.00-18.45 Dance		17.45-18.30 Cycling	
18.55-19.40 Stretch & Relax		18.00-18.45 Bootcamp Fitness	
19.50-20.35 Orth. Reha/ Sanfte Fitness		18.45-19.45 Cycling	
20.15-21.15 Yoga		19.00-19.45 Zumba	

Donnerstag

Indoor K1	Indoor Halle	Outdoor FunctP	Outdoor Zelt K2
08.10-08.55 Orth. Reha/ Sanfte Fitness			
09.05-09.50 Stretch & Relax		09.00-09.45 Bauch-Po-Beine	
10.00-10.45 Step			
10.55-11.40 Orth. Reha/ Sanfte Fitness			
15.00-15.45 Stardance (10-14J)		16.00-16.45 Hobby Horsing (ab 4J) **Outdoor**	
		17.00-17.45 Fit4Drums	
17.00-18.00 Yoga		18.00-18.45 Fatburner	
18.10-18.55 Wirbelsäule (Reha)		18.00-18.45 Cycling	
19.05-20.00 Yoga/Pilates (Reha)		19.00-19.55 Langhantel Workout	
20.10-20.55 Rücken TopFit		20.00-20.55 Langhantel Workout	

Freitag

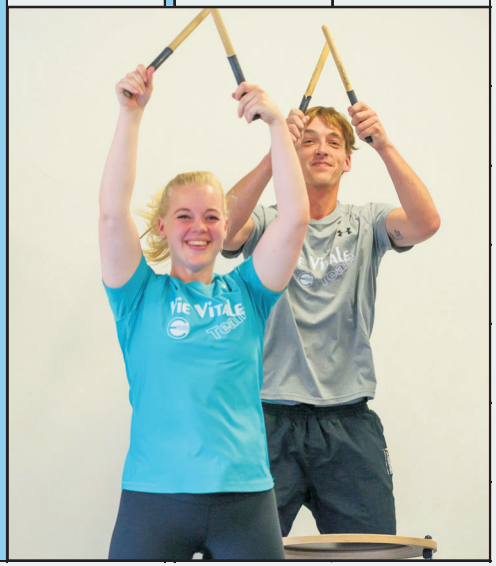
Indoor K1	Indoor Halle	Outdoor FunctP	Outdoor Zelt K2
08.30-09.15 Orth. Reha/ Sanfte Fitness			
08.30-09.15 Zumba		09.15-10.00 Bauch-Po-Beine	
09.25-10.10 Entspannt bewegen		10.15-11.00 Fit4Drums	
10.20-11.05 Orth. Reha/ Sanfte Fitness			
11.15-12.15 Yoga (Reha)			
15.30-16.15 Wirbelsäule (Reha)			
16.25-17.10 Handicaps			
17.20-18.05 Orth. Reha/ Sanfte Fitness		17.00-17.45 Zumba	
		17.50-18.35 Body Complete	

Samstag

Outdoor FunctP
11.15-12.00 Fatburner
12.10-13.05 Langhantel Workout

Sonntag

Indoor K1	Outdoor FunctP	Outdoor Zelt K2
		10.00-11.00 Cycling
		10.30-11.15 Fatburner
ab 11.20 Sonntags Special in K1 (siehe Aushang)		11.20-12.05 Body Complete



Online Kursanmeldung unter www.vie-vitale.de/kurs-geraeteanmeldung.html
Telefonische Anmeldung: Mo 08.00-15.00 Uhr/Di-Fr 12.00-15.00 Uhr/Sa 12.00-14.00 Uhr/So 11.00-13.00 Uhr unter Tel. 04121/484343