

Sept/Okt 2020

# Kursplan - Indoor



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
--------	----------	----------	------------	---------	---------	---------

## Vormittags

<b>WS-Gymnastik</b> <i>Stephie</i> 9.00 – 9.45	<b>WS-Gymnastik</b> <i>N.N.</i> 9.15 – 10.00	<b>Rückenschule</b> <b>\$20</b> <i>Anne</i> 9.15 – 10.00	<b>Faszientraining</b> mit eigener Rolle <i>Heide</i> 9.15 – 10.00 Start:13.08.	<b>Rücken &amp; Stretch</b> <i>Heide</i> <b>NUR ONLINE</b> 9.00 – 10.00	<div style="border: 2px solid red; padding: 5px; color: red; font-weight: bold;">             Neue Anfangszeit!           </div>	<b>Body Art meets Deep Work</b> <i>Anke</i> 10.10 – 11.10
<b>Pilates – Faszien – Mix</b> <i>Stephie</i> <b>NUR ONLINE</b> 10.00 – 10.45		<b>Faszientraining</b> <b>\$20</b> <i>Stephie</i> 10.45 – 11.30	<b>Pilates</b> <b>\$20</b> <i>Stephie</i> 9.15 – 10.00 <b>Start 3.9.</b> <div style="border: 2px solid red; padding: 2px; color: red; font-weight: bold;">             NEU           </div>	<b>Pilates Mix</b> <i>N.N.</i> 10.15 – 11.15	<b>Body Pump</b> <i>Melanie</i> 13.00 – 14.00	<b>Wellness – Mix</b> <i>Steffi B. / Isabell</i> 11.15 – 12.15 * Anmeldung über das Lady Sports
<b>Yoga</b> <i>Stephie</i> 11.30 – 12.30	<div style="border: 2px solid orange; border-radius: 15px; padding: 10px; background-color: #f9a825; color: white; font-weight: bold;">             Bitte bringt zum Spinning immer zwei Handtücher mit! 😊           </div>				<b>Spin Biking</b> <i>Andreas</i> 14.15 - 15.15	<div style="border: 2px solid red; padding: 2px; color: red; font-weight: bold;">             NEU           </div>

## Nachmittags/Abends

<b>Pilates \$20</b> <i>Anne</i> 16.00 – 16.45	<b>Body Styling</b> <i>Anne</i> 18.00 – 18.45	<b>Spin Biking</b> <i>Heide</i> 17.00 - 17.50	<b>Bauch intensiv</b> <i>Hanna</i> 17.15 – 17.30	<b>Pilates \$20</b> <i>Stephie</i> 17.00 – 17.45	<b>Legende:</b> Im Lady Sports Kursraum  * Nur für Ladys
<b>Pilates \$20</b> <i>Anne</i> 17.00 – 17.45			<b>Bauch Beine Po</b> <i>Larissa</i> 17.45 – 18.30		<div style="background-color: #90EE90; padding: 5px;"> <b>Online (über Zoom)</b> </div>
<b>Body Pump</b> <i>Sabine</i> 18.00 – 19.00		<b>Spin Biking</b> <i>Anne</i> 18.05 - 18.55	<b>WS-Gymnastik</b> <i>Larissa</i> 18.45 – 19.30	<div style="border: 2px solid red; padding: 2px; color: red; font-weight: bold;">             NEU           </div> 	<div style="border: 2px solid red; padding: 5px; color: red; font-weight: bold;">             „\$20“ folgende Kurse können von der Krankenkasse im Rahmen der Primärprävention gefördert werden.           </div>
<b>Spin Biking</b> <i>Jens</i> 19.15 - 20.15	<b>Body Art</b> <i>Anke</i> 19.15 – 20.15	<b>Body Pump</b> <i>Birgit</i> 19.10 – 20.10	<b>Strong &amp; Fit</b> <i>Diana</i> 19.40 – 20.25	<b>Spin Biking</b> <i>Michaela</i> 18.00 - 19.00 Start: 07.08.	<div style="border: 2px solid orange; border-radius: 15px; padding: 10px; background-color: #f9a825; color: white; text-align: center; font-weight: bold;"> <b>Outdoor Kurse</b>              ...findet ihr auf der Rückseite!           </div>

# Kursplan - Outdoor



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
--------	----------	----------	------------	---------

## Vormittags

Nordic Walking am Obersee <i>Katja</i> 9.00 – 10.15	TRX (Mix) <i>Frank</i> 9.15 – 10.00  Kickbike <i>Frank</i> 10.15 – 11.15	Nordic Walking am Obersee <i>Josi</i> 9.00 – 10.15		Nordic Walking am ZiF <i>Katja</i> 9.00 – 10.15  TRX (Mix) <i>Anne</i> 8.45 – 9.30
---	--	--	--	---

NEU!

## Abends

TRX <i>Patryk</i> 17.45 – 18.30	TRX (Mix) <i>Larissa</i> 17.45 -18.30	TRX (Mix) <i>Frank / Katja</i> 18.00 – 18.45	
TRX (Mix) <i>Patryk</i> 18.45 – 19.30	TRX (Mix) <i>Larissa</i> 18.45 -19.30	TRX (Mix) <i>Frank / Katja</i> 19.00 -19.45	Kickbike <i>Frank</i> 17.00 – 18.00
Kickbike <i>Antonia</i> 18.00 – 18.45	Mountainbike <i>Frank</i> 18.00 – 19.30	Lauftraining am ZiF <i>Anne</i> 18.45 – 19.45	

Neue  
Anfangszeit!

All Sports

Glückstädter Straße 19  
33729 Bielefeld

Tel 0521.9774277

www.all-sports-brake.de / info@all-sports-brake.de