

# Kursplan

26.10.2020 - 01.11.2020

Sport-In Brandenburg  
An der Bundesstrasse 1  
14776 Brandenburg/Wust  
03381 25400  
info@sport-in-wust.de



Montag 26.10.2020	Dienstag 27.10.2020	Mittwoch 28.10.2020	Donnerstag 29.10.2020	Freitag 30.10.2020	Samstag 31.10.2020	Sonntag 01.11.2020
09:00 - 09:20 BODYBALANCE	09:00 - 09:20 LesMills BODYPUMP	09:00 - 09:20 BODYBALANCE	09:00 - 09:20 LesMills BODYPUMP	09:00 - 09:20 BODYBALANCE	10:00 - 10:45 LesMills BODYPUMP	09:00 - 09:20 BODYBALANCE
09:30 - 10:20 RÜCKENFIT	09:30 - 10:20 RÜCKENFIT	09:30 - 10:20 Fle.xx WBS Gymnasti...	09:30 - 10:20 RÜCKENFIT	09:30 - 10:20 Fit - Mix / tone	10:00 - 14:00 Rappelkiste	09:30 - 10:20 LesMills BODYPUMP
10:00 - 14:00 Rappelkiste	10:30 - 11:20 Fle.xx WBS Gymnasti...	10:30 - 11:20 Fit - Mix / tone	10:00 - 14:00 Rappelkiste	10:00 - 14:00 Rappelkiste	11:00 - 11:45 BODYBALANCE	10:00 - 14:00 Rappelkiste
10:30 - 11:20 Fle.xx WBS Gymnasti...	11:30 - 12:00 LesMills BODYPUMP	11:30 - 12:00 BODYBALANCE	10:30 - 11:20 Fle.xx WBS Gymnasti...	10:30 - 11:20 Fle.xx / Bodybalanc...	12:00 - 12:30 GRIT   CARDIO	10:30 - 11:20 Fle.xx WBS Gymnasti...
11:30 - 12:00 SH'BAM	16:45 - 17:15 BODYBALANCE	16:15 - 16:45 CXWORX	11:30 - 12:00 SH'BAM	11:30 - 12:00 CXWORX	14:00 - 14:45 BODYCOMBAT	11:30 - 12:00 CXWORX
15:00 - 19:00 Rappelkiste	17:30 - 18:20 Bailaro®	17:00 - 17:50 Fle.xx WBS Gymnasti...	15:00 - 19:00 Rappelkiste	15:00 - 19:00 Rappelkiste	15:00 - 15:45 SH'BAM	14:00 - 14:45 SH'BAM
16:15 - 16:45 LesMills BODYPUMP	18:30 - 19:20 LesMills BODYPUMP	18:00 - 18:50 Fle.xx Krankenkasse...	16:15 - 16:45 LesMills BODYPUMP	16:15 - 16:45 BODYCOMBAT	15:00 - 19:00 Rappelkiste	15:00 - 15:45 BODYCOMBAT
17:00 - 17:50 RÜCKENFIT	18:30 - 19:00 Crosstraining expre...	18:00 - 18:50 FIGURTRAINING	17:00 - 17:50 Figur - Step	17:00 - 17:50 LesMills BODYPUMP	16:00 - 16:30 CXWORX	15:00 - 19:00 Rappelkiste
18:00 - 18:50 AROHA	19:30 - 20:20 Fle.xx WBS Gymnasti...	19:00 - 19:50 Fle.xx / Bodybalanc...	18:00 - 18:50 Fle.xx WBS Gymnasti...	18:15 - 19:05 Fle.xx WBS Gymnasti...		16:00 - 16:30 BODYBALANCE
18:00 - 18:50 FIGURTRAINING	20:30 - 21:00 CXWORX	20:00 - 20:30 LesMills BODYPUMP	18:00 - 18:50 Body-Fit	19:15 - 20:00 SH'BAM		
18:00 - 18:50 Selbstverteidigung			19:00 - 19:50 Bailaro®	20:10 - 20:40 BODYBALANCE		

- Ausdauer
- Dance & Fun
- Figur
- Gesundheit
- Kraft
- Rappelkiste
- Virtueller Kurs

Stand: 31.10.2020

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<div data-bbox="107 373 371 453">19:00 - 19:25 tone</div> <div data-bbox="107 459 371 539">19:00 - 19:50 Fle.xx WBS Gymnasti...</div> <div data-bbox="107 545 371 625">19:30 - 20:20 BODYBALANCE</div> <div data-bbox="107 632 371 711">20:30 - 21:00 BODYCOMBAT</div>			<div data-bbox="976 373 1240 453">20:00 - 20:30 Bailaro extrem</div> <div data-bbox="976 459 1240 539">20:40 - 21:10 BODYCOMBAT</div>			

-  Ausdauer
-  Dance & Fun
-  Figur
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