

# Kursplan

16.07.2018 - 22.07.2018

Genesis Vital & Gesundheits Club  
 Lerchenweg 113  
 33415 Verl  
 05246 / 82521  
 info@genesis-fitness.de



Montag 16.07.2018	Dienstag 17.07.2018	Mittwoch 18.07.2018	Donnerstag 19.07.2018	Freitag 20.07.2018	Samstag 21.07.2018	Sonntag 22.07.2018
08:15 - 09:00 REHA KURS* Jenny	09:15 - 10:15 BODYPUMP Nadja	09:15 - 10:15 BODYBALANCE Sunny	09:15 - 10:15 Cardio & BBP Nadja	08:30 - 09:15 REHA KURS* Sven	11:15 - 12:15 BODYATTACK Philipp	10:15 - 11:15 SPINNING Andreas / Gerlinde
09:15 - 10:15 BAUCH, BEINE, PO Jenny	17:30 - 18:00 Bauchkiller Philipp	16:00 - 16:45 REHA KURS* Sven	10:15 - 11:30 YOGA*** Annett	09:30 - 10:30 RÜCKENFIT 1** Sven	12:15 - 12:45 GRIT PLYO Philipp	11:30 - 12:30 BODYBALANCE Sunny
10:30 - 11:15 REHA KURS* Jenny	18:00 - 19:00 BODYATTACK Philipp	17:00 - 17:45 RÜCKENFIT 1-2** Sven	10:30 - 11:15 REHA KURS* Jenny	10:45 - 11:30 REHA KURS* Sven	13:00 - 14:00 BODYPUMP Philipp	
17:45 - 18:45 STEPMIX Nadja	19:10 - 20:10 SPINNING*** Gerlinde	17:45 - 19:00 YOGA*** Sunny	17:00 - 17:45 REHA KURS* Jenny	19:10 - 20:10 SPINNING*** Uli		
18:45 - 20:15 YOGA*** Sunny		18:00 - 19:00 BODYPUMP Nadine	18:00 - 18:30 GRIT CARDIO Philipp			
19:00 - 20:00 BODYPUMP Dana		19:00 - 20:00 BODYBALANCE Sunny	18:30 - 19:30 BODYSTEP Philipp			
20:15 - 21:30 YOGA Sunny		20:00 - 20:45 REHA KURS* Sven	19:30 - 20:00 GRIT STRENGTH Philipp			
			20:00 - 20:45 REHA KURS* Peter			

- Ausdauer
- Entspannung
- Figur / Kraft
- Fun & Dance
- Gesundheit

Stand: 22.07.2018