

Kursplan: Ballsaal

21.04.2025 - 27.04.2025

Kursraum 1

TC Training Center
Kleinbahnstrasse 32
47906 Kempen
02152 - 510202
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| Montag 21.04.2025 | Dienstag 22.04.2025 | Mittwoch 23.04.2025 | Donnerstag 24.04.2025 | Freitag 25.04.2025 | Samstag 26.04.2025 | Sonntag 27.04.2025 |
|---|---------------------------------|---|-------------------------------------|---|---|---|
| 08:30 - 09:30 Rücken | 10:00 - 11:30 Hatha Yoga | 09:30 - 10:30 Ganzkörpertraining | 17:30 - 18:00 Bauchkiller | 09:30 - 10:30 Zumba | 09:30 - 10:45 Vinyasa Yoga 1.&3. ... | 09:15 - 10:15 Les Mills Bodypump |
| 09:30 - 10:30 Pilates | 17:30 - 18:00 Les Mills Core | 10:30 - 11:30 Pilates | 18:00 - 19:00 Zumba | 10:30 - 11:30 BodyMove | | 10:30 - 11:00 Les Mills Bodybalan... |
| 10:30 - 11:30 Rücken | 18:00 - 19:00 Step | 18:00 - 19:00 Body Styling | 19:00 - 20:00 Ganzkörpertraining | 19:00 - 19:30 Functional/ HIIT - ... | | 10:30 - 11:15 Step Anfänger 1.&3.... |
| 17:30 - 18:00 Powerbauch | 19:00 - 20:00 Rücken | 19:00 - 19:30 Functional / HIIT -... | 20:00 - 21:00 Hatha Yoga | | | 11:00 - 11:30 Les Mills Core 2.&4... |
| 18:00 - 19:00 Les Mills Bodypump | | 19:00 - 19:30 Les Mills Bodybalan... | | | | 11:15 - 12:15 Step 1.&3.Sonntag |
| 19:15 - 20:15 Les Mills Bodybalan... | | 19:30 - 20:30 Les Mills Bodypump | | | | |

- Balance & Stretc...
- Entspannung
- Figur- & Muskelt...
- Herz- Kreislauf ...
- Kraftausdauer
- Les Mills Bodypu...
- Les Mills Bodyba...
- Les Mills CXWorx...
- Rehasport
- Rücken & Gelenke...

Stand: 25.04.2025