

Sportkursplan 2019

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--|--|--|--|--|--|--|
| Fit in den Sommer (Zirkeltraining) (KR) 10:30 - 11:15 | Aquafitness (F) 06:45 - 07:30 (Tiefwasser) | Wirbelsäulengymnastik (HVT) 10:00 - 10:45 | Faszienyoga (HVT) 10:00 - 11:00 | Aquafitness (F) 06:00 - 06:45 (Tiefwasser) | Fit in den Sommer (Zirkeltraining) (KR) 10:30 - 11:15 | Aquafitness (F) 08:00 - 08:45 (Tiefwasser) |
| Fit in den Sommer (Zirkeltraining) (KR) 16:00 - 16:45 | Aquafitness (HI) 10:00 - 10:45 (Flachwasser) | Fit in den Sommer (Zirkeltraining) (KR) 10:30 - 11:15 | Fit in den Sommer (Zirkeltraining) (KR) 10:30 - 11:15 | Aquafitness (F) 06:45 - 07:30 (Tiefwasser) | Indoorcycling (HVT) 14:00 Uhr | Aquafitness (F) 08:45 - 09:30 (Tiefwasser) |
| Fit in den Sommer (Zirkeltraining) (KR) 18:00 - 18:45 | Fit in den Sommer (Zirkeltraining) (KR) 10:30 - 11:15 | Wirbelsäulengymnastik (HVT) 11:00 - 11:45 | Aquafitness (F) 13:00 - 13:45 (Tiefwasser) | Fit in den Sommer (Zirkeltraining) (KR) 10:30 - 11:15 | Fit in den Sommer (Zirkeltraining) (KR) 16:00 - 16:45 | Fit in den Sommer (Zirkeltraining) (KR) 10:30 - 11:15 |
| Cross-04-Fit (HVT) 18:00 - 19:00 | Aquafitness (HI) 11:00 - 11:45 (Flachwasser) | Fit in den Sommer (Zirkeltraining) (KR) 16:00 - 16:45 | Aquafitness (F) 14:00 - 14:45 (Tiefwasser) | Qi Gong (HVT) 15:00 - 16:00 | Fit in den Sommer (Zirkeltraining) (KR) 18:00 - 18:45 | Fit in den Sommer (Zirkeltraining) (KR) 16:00 - 16:45 |
| Aquafitness (GA) 18:00 - 18:45 (Tiefwasser) | Aquafitness (HI) 12:00 - 12:45 (Flachwasser) | Fit in den Sommer (Zirkeltraining) (KR) 18:00 - 18:45 | Fit in den Sommer (Zirkeltraining) (KR) 16:00 - 16:45 | Tai Chi (HVT) 16:00 - 17:00 | | Fit in den Sommer (Zirkeltraining) (KR) 18:00 - 18:45 |
| Indoorcycling (HVT) 19:00 Uhr | Aquafitness (HI) 13:00 - 13:45 (Flachwasser) | Cross-04-Fit (HVT) 18:00 - 19:00 | Fit in den Sommer (Zirkeltraining) (KR) 18:00 - 18:45 | Fit in den Sommer (Zirkeltraining) (KR) 16:00 - 16:45 | | |
| Aquafitness (GA) 19:00 - 19:45 (Tiefwasser) | Aquafitness (HI) 14:00 - 14:45 (Flachwasser) | Pilates (HVT) 19:00 - 19:50 | Aquafitness (GA) 18:00 - 18:45 (Tiefwasser) | Fit in den Sommer (Zirkeltraining) (KR) 18:00 - 18:45 | | |
| Aquafitness (F) 19:00 - 19:45 (Tiefwasser) | Aquafitness (HI) 16:00 - 16:45 (Flachwasser) | Aquafitness (F) 19:15 - 20:00 (Tiefwasser) | Aquafitness (GA) 19:00 - 19:45 (Tiefwasser) | | | |
| Aquafitness (F) 20:00 - 20:45 (Tiefwasser) | Fit in den Sommer (Zirkeltraining) (KR) 16:00 - 16:45 | Aquafitness (F) 20:00 - 20:45 (Tiefwasser) | | | | |
| | Aquafitness (HI) 17:00 - 17:45 (Flachwasser) | | | | | |
| | Yoga (HVT) 17:30 - 18:20 | | | | | |
| | Fit in den Sommer (Zirkeltraining) (KR) 18:00 - 18:45 | | | | | |
| | KRAV MAGA (HVT) 18:30-19:30 | | | | | |
| | Aquafitness (F) 19:30 - 20:15 (Tiefwasser) | | | | | |
| | Aquafitness (F) 20:30 - 21:15 (Tiefwasser) | | | | | |

Bitte meldet Euch, aus organisatorischen Gründen, vor der ersten Stunde an!
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HVT = HVT Forumbad F = Forumbad (Halle) HI = Holiday Inn GA = Kombibad Spandau Süd/Gatowerstr KR = Kraftraum