

# SPORTING

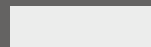
DER FITNESS- UND WELLNESSCLUB

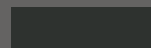
gültig ab 05.11.2018

Winter 2018/2019

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	Sonntag	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 1	Studio 2
9:00 - 9:55 WS- Gymnastik <small>K</small>	9:00 - 9:55 Body Workout <small>K</small>			9:00 - 9:55 Body Workout <small>K</small>	9:00 - 9:55 Yoga <small>K</small>	9:30 - 10:25 Flexibar & Faszien		9:30 - 10:25 Body Workout <small>K</small>		10:30 - 11:25 Core-Fitness & -Mobility <small>K</small>	10:30 - 11:25 Body Workout <small>K</small>	
10:00 - 10:55 ZUMBA® <small>K</small>	10:00 - 10:55 WS- Gymnastik <small>K</small>			10:00 - 10:55 Easy Dance Aerobic <small>K</small>	10:00 - 10:55 Pilates <small>K</small>	10:30 - 11:25 Yoga		10:30 - 11:25 WS- Gymnastik <small>K</small>	10:30 - 11:25 Yoga <small>K</small>	11:30 - 12:25 Easy Step <small>K</small>	11:30 - 12:25 Step <small>K</small>	11:00 - 11:55 Yoga <small>K</small>
17:00 - 17:55 deepWORK®		17:00 - 17:55 Flexibar & Faszien		17:00 - 17:55 Core-Fitness & -Mobility <small>K</small>		17:00 - 17:55 deepWORK®				12:30 - 13:25 Dance Aerobic <small>K</small>	12:30 - 13:25 WS- Gymnastik <small>K</small>	
18:00 - 18:55 Shadowboxer Performance®	17:30 - 18:25 Yoga	18:00 - 18:55 Pump	18:00 - 18:55 WS- Gymnastik	18:00 - 18:55 Shadowboxer Performance® <small>K</small>	18:00 - 18:55 WS- Gymnastik <small>K</small>	18:00 - 18:55 Dance Aerobic	18:00 - 18:55 Yoga	17:30 - 18:25 Body Workout		14:00 - 14:55 Pump	13:30 - 14:55 Sunday Special	
19:00 - 19:55 Ski- Gymnastik	18:30 - 19:25 WS- Gymnastik	19:00 - 19:55 ZUMBA®	19:00 - 19:55 Yoga	19:00 - 19:55 Step	19:00 - 19:55 TriLoChi	19:00 - 19:55 Pilates	19:00 - 19:55 Fitness Boxen	18:30 - 19:25 ZUMBA®		15:00 - 15:55 ZUMBA®		
	19:30 - 20:25 Fitness Boxen	20:00 - 20:25 Bauch & Stretch		20:00 - 20:25 Pump								

 Teilnahme für alle möglich

 Mittelstufe

 für Fortgeschrittene

**K** = Kids Club ist geöffnet

Öffnungszeiten Sporting:

Montag 07:00 - 22:00 Uhr  
 Dienstag 14:00 - 23:00 Uhr  
 Mittwoch 07:00 - 23:00 Uhr  
 Donnerstag 09:00 - 23:00 Uhr  
 Freitag 09:00 - 22:00 Uhr  
 Samstag 10:00 - 18:00 Uhr  
 Sonn- und Feiertags 10:00 - 18:00 Uhr

Öffnungszeiten Kids Club:

Montag 08:30 - 12:00 Uhr  
 Mittwoch 08:30 - 12:00 Uhr  
 16:30 - 19:30 Uhr  
 Freitag 09:00 - 12:00 Uhr  
 Samstag 10:00 - 14:00 Uhr  
 Sonn- und Feiertags 10:00 - 14:00 Uhr

Infos: 0208 - 488 552

[www.sporting-muelheim.de](http://www.sporting-muelheim.de)

Mintarder Straße 21 - 45481 Mülheim