



## Deine Kurse im Sportpark Hugstetten

Start: 24. März 2025

| MONTAG                                                                | DIENSTAG                                                | MITTWOCH                                       | DONNERSTAG                                                   | FREITAG                                              | SAMSTAG                                      | SONNTAG                                     |
|-----------------------------------------------------------------------|---------------------------------------------------------|------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------|----------------------------------------------|---------------------------------------------|
| <b>BAUCH, BEINE, PO</b><br>08:30 – 09:20<br>Petra                     | <b>WIRBELSÄULEN GYMNASTIK</b><br>08:30 – 09:20<br>Linda | <b>BODYART®</b><br>08:30 – 09:20<br>Melanie    | <b>KUNDALINI YOGA</b><br>09:00 – 10:20<br>Otilia             | <b>WAKE-UP!</b><br>08:30 – 09:20<br>Nadine           | <b>DEEPWORK®</b><br>10:00 – 10:50<br>Melanie | <b>FITNESS MIX</b><br>09:30 – 10:50<br>Team |
| <b>RÜCKEN TRAINING</b><br>09:30 – 10:20<br>Petra                      | <b>FIT &amp; BEWEGT 50+</b><br>09:30 – 10:20<br>Linda   | <b>FITNESS MIX</b><br>09:30 – 10:20<br>Melanie |                                                              | <b>WORLD JUMPING®</b><br>09:30 – 10:20<br>Nadine     | <b>BODYART®</b><br>11:00 – 11:50<br>Melanie  |                                             |
| <b>PILATES</b><br>10:30 – 11:20<br>Petra<br>Special bis zum 28. April |                                                         |                                                |                                                              |                                                      |                                              |                                             |
| <b>PILATES</b><br>17:30 – 18:20<br>Alexia                             | <b>BodyFIT</b><br>17:30 – 18:20<br>Andrea               | <b>PILATES</b><br>17:30 – 18:20<br>Alexia      | <b>CRUNCH</b><br>17:00 – 17:25<br>Friederike                 | <b>BAUCH &amp; RÜCKENFIT</b><br>17:00 – 17:50<br>Ewa |                                              |                                             |
| <b>FITNESS MIX</b><br>18:30 – 19:20<br>Alexia                         | <b>WORLD JUMPING®</b><br>18:30 – 19:20<br>Beate         | <b>FITNESS MIX</b><br>18:30 – 19:20<br>Alexia  | <b>WIRBELSÄULEN GYMNASTIK</b><br>17:30 – 18:20<br>Friederike | <b>BODYART®</b><br>18:00 – 18:50<br>Ewa              |                                              |                                             |
| <b>CYCLING</b><br>18:30 – 19:50<br>Andrea                             | <b>RÜCKEN TRAINING</b><br>19:30 – 20:20<br>Beate        | <b>CYCLING</b><br>19:00 – 19:50<br>Sven        | <b>CYCLING</b><br>18:30 – 19:20<br>Friederike                |                                                      |                                              |                                             |
| <b>WORLD JUMPING®</b><br>19:45 – 20:35<br>Caro                        | <b>MOBILITY &amp; FASZIEN</b><br>20:30 – 20:55<br>Beate | <b>HATHA YOGA</b><br>19:30 – 20:55<br>Linda    | <b>FITNESS MIX</b><br>18:30 – 19:50<br>Andrea                |                                                      |                                              |                                             |

Anmeldung zu den Kursen via App oder  
unter [www.sportpark-fitness.de](http://www.sportpark-fitness.de)