



Deine Kurse im Sportpark Lahr

Gültig ab April 2025

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
WORLD JUMPING® 09:30 – 10:20 Sarina	BODY SHAPE 09:30 – 10:20 Bianca	BODY SHAPE 09:30 – 10:20 Julia Neu	ZIRKEL 50 + 09:30 – 10:20 Patrick (LadyFit)	BODY SHAPE 09:30 – 10:20 Jule	BODY SHAPE 10:00 – 10:50 Tanja	JOKER 10:00 – 10:50 Team
BODY SHAPE 10:30 – 11:20 Sarina	ZIRKEL 50 + 09:30 – 10:20 Patrick (LadyFit)	PILATES & STRETCH 10:30 – 11:20 Julia Neu	PILATES 09:30 – 10:20 Lina	WIRBELSÄULEN GYMNASTIK 10:30 – 11:20 Jule	ZUMBA® 11:00 – 11:50 Tanja	BODY SHAPE 11:00 – 11:50 Team
	WIRBELSÄULEN GYMNASTIK 10:30 – 11:20 Bianca		BODY SHAPE 60+ 10:30 – 11:20 Eliz			
	RÜCKENFIT 11:00 – 11:50 Victoria Neu					
		BODYART PRANA 17:00 – 17:50 Doris Neu	WORLD JUMPING® 17:00 – 17:50 Sarina			
WIRBELSÄULEN GYMNASTIK 17:00 – 17:50 Heike	WIRBELSÄULEN GYMNASTIK 17:00 – 17:50 Denise	BODY SHAPE 18:00 – 18:50 Doris	CYCLING 18:00 – 18:50 Doris	STEP BASIC 17:00 – 17:50 Doris	DEEPWORK® Combat 15:00 – 15:50 Doris	BODY SHAPE 16:00 – 17:00 Vero
MUSCLE FIRE 18:00 – 18:50 Heike	BODY SHAPE 18:00 – 18:50 Ann-Cathrin Neu	TRX® 18:30 – 18:50 Eliz	STEP 18:00 – 18:50 Sarina	BODYART® 18:00 – 18:50 Doris	BODYART® 16:00 – 16:50 Doris	ZUMBA® 17:00 – 17:50 Vero
HATHA YOGA 18:00 – 18:50 Denise	ZUMBA® 18:00 – 18:50 Tanja	WORLD JUMPING® 19:00 – 19:50 Vanessa Neu	ZUMBA® 19:00 – 19:50 Jessica	CYCLING 19:00 – 20:25 Cosi		
ZUMBA® 19:00 – 19:50 Jessica	FATBURNER WORKOUT 19:00 – 19:50 Ann-Cathrin	VINYASA POWER YOGA 19:00 – 20:05 Ela	BODY SHAPE 19:00 – 19:50 Sarina	Anmeldung zu den Kursen via App oder unter www.sportpark-fitness.de		
STRETCH 20:00 – 20:45 Jessica	CYCLING 20:00 – 20:50 Joe	CYCLING 20:15 – 21:30 Cosi	POWER WORKOUT 20:00 – 20:50 Jessica			
					Kursraum 1	
					Kursraum 2	