

Turngemeinde Bornheim 1860 e.V.



Forest Gym



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9 Uhr							
10 Uhr			Krebsnachsorge (Rehasport) 09:30 - 10:30 Gudrun Sachs			Wake Up Fitness 09:30 - 10:30 Elena Vieten	Langhantel 09:30 - 10:30 Susanne Ehrenheim
11 Uhr	Step Aerobic & BBP 10:30 - 11:30 Claudia Hildenbrand	Zumba Gold 10:30 - 11:30 Fumiko Ohama	Krebsnachsorge (Rehasport) 10:30 - 11:30 Gudrun Sachs	Punch the Beat 10:30 - 11:30 Elena Vieten	Rückbildungsgymnastik 10:30 - 11:30 Annette Schmidt	Muscle Power 10:30 - 11:30 Elena Vieten	Wirbelsäulengymnastik 10:30 - 11:30 Susanne Ehrenheim
12 Uhr	Langhantel 11:30 - 12:30 Claudia Hildenbrand				Pilates 11:30 - 12:30 Annette Schmidt	Langhantel 11:30 - 12:30 Elena Vieten	Bodyrobic 11:30 - 12:30 Susanne Ehrenheim
13 Uhr						Intervall Training 12:30 - 13:30 Elena Vieten	
14 Uhr							
15 Uhr							Step Aerobic 14:30 - 15:30 Christiane Wirth
16 Uhr					BBOP Intervall 15:30 - 16:30 Marta Magdalena Schaefer	Langhantel 15:30 - 16:30 Chris Chmiel	New Body Fitness 15:30 - 16:30 Christiane Wirth
17 Uhr			deepWORK 16:30 - 17:30 Claudia Hildenbrand		After-Work-Fitness 16:30 - 17:30 Marta Magdalena Schaefer	Wirbelsäulengymnastik 16:30 - 17:30 Chris Chmiel	Bodystyling 16:30 - 17:30 Christiane Wirth
18 Uhr	Functional Training 17:30 - 18:30 Claudia Hildenbrand	Total Body Conditioning 17:30 - 18:30 Clara Luederwaldt	Muscle Power 17:30 - 18:30 Elena Vieten	Bauch & Rücken 17:30 - 18:30 Michael Gudo	Dance Workout 17:30 - 18:30 Elena Vieten	Bodyrobic 17:30 - 18:30 Chris Chmiel	
19 Uhr	BodyWork 18:30 - 19:30 Claudia Hildenbrand	Langhantel 18:30 - 19:30 Ricarda Seufert	Bodyfit 18:30 - 19:30 Pia Epping	Functional Training 18:30 - 19:30 Michael Gudo	BBOP 18:30 - 19:30 Elena Vieten		
20 Uhr	New Body Fitness 19:30 - 20:30 Christiane Wirth	Functional Training 19:30 - 20:30 Ricarda Seufert	After-Work-Fitness 19:30 - 20:30 Paul Hoffmann	Flowin Fit 19:30 - 20:30 Clara Luederwaldt	HIT the Beat 19:30 - 20:30 Elena Vieten		
21 Uhr	Langhantel 20:30 - 21:30 Christiane Wirth	Power BBP 20:30 - 21:30 Paul Hoffmann	Langhantel 20:30 - 21:30 Paul Hoffmann	Langhantel 20:30 - 21:30 Clara Luederwaldt			
22 Uhr	BBP 21:30 - 22:30 Christiane Wirth		Late Night Stretch 21:30 - 22:00	Late Night Stretch 21:30 - 22:00			
23 Uhr							