Turngemeinde Bornheim 1860 e.V.



Light Gym

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7 Uhr							
8 Uhr	**Jumping** 07:30 - 08:30 Theresa Klein				**Jumping** 07:30 - 08:30 Theresa Klein		
9 Uhr							
10 Uhr			**Vitaler Rücken** 09:30 - 10:30 Christiane Wirth				
11 Uhr		**Balance Workout** 10:30 - 11:30 Jane Seibert-Vollet			**Pilates & Faszien** 10:30 - 11:30 Jane Seibert-Vollet	**Jumping** 10:30 - 11:30 Anne-Catherine Schaefer	
12 Uhr		**BBOP** 11:30 - 12:30 Jane Seibert-Vollet		**Jumping** 11:30 - 12:30 Elena Vieten	**Fitness Workout** 11:30 - 12:30 Jane Seibert-Vollet	**TH-Fit** 11:30 - 12:30 Filiz Halbig	**deepWORK** 11:30 - 12:30 Senay Daglioglu
13 Uhr						**TH-Combat** 12:30 - 13:30 Filiz Halbig	**Body Workout & BBOP** 12:30 - 13:30 Senay Daglioglu
14 Uhr							**Jumping** 13:30 - 14:30 Elena Vieten
15 Uhr							**Dance Workout** 14:30 - 15:30 Elena Vieten
16 Uhr							**Punch the Beat** 15:30 - 16:30 Elena Vieten
17 Uhr							
18 Uhr		**Power-Bauch & Rückenfit** 17:30 - 18:30 Elena Vieten	**Jumping** 17:30 - 18:30 Rebecca Paul	**Karate Kids ab 7 Jahren** 17:30 - 18:30 Florian Bonvissuto			**Jumping** 17:30 - 18:30 Nicole Bauscher
19 Uhr	**Jumping** 18:30 - 19:30 Janina Romann	**Jumping** 18:30 - 19:30 Damaris Gaba-Lozancic	**Kick?n?Punch** 18:30 - 19:30 Elena Frank	**Jumping** 18:30 - 19:30 Claudia Hildenbrand	**Jumping Extreme** 18:30 - 19:30 Viola Horn		
20 Uhr	**Jumping** 19:30 - 20:30 Clara Cornel	**Punch the Beat** 19:30 - 20:30 Elena Vieten	**Jumping** 19:30 - 20:30 Nicole Bauscher		**Jumping** 19:30 - 20:30 Daniel Duerr		
21 Uhr							