SPORTCENTER BORNHEIM

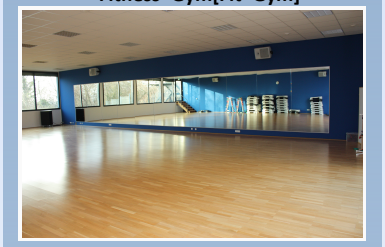
Fitness Gym

After Work Yoga			
Donnerstag	17:00	18:00	Fit Gym
Aktiver Beckenboden			
Dienstag	11:00	12:00	Fit Gym
Bauch & Rücken			
Dienstag	19:00	20:00	Fit Gym
Mittwoch	10:00	11:00	Fit Gym
BBP			
Mittwoch	19:00	20:00	Fit Gym
Bodystyling			
Montag	19:00	20:00	Fit Gym
Capoeira			
Donnerstag	20:00	22:00	Fit Gym
Early Bird Workout			
Donnerstag	07:30	08:30	Fit Gym
Fatburning Extreme			
Mittwoch	20:00	21:00	Fit Gym
Gymnastik mit dem Stuhl			
Donnerstag	12:00	13:00	Fit Gym
Freitag	10:00	11:00	Fit Gym
HIT			
Freitag	17:00	18:00	Fit Gym
Kettlebell Workout			
Montag	10:00	11:00	Fit Gym
	17:00	18:00	Fit Gym
	20:00	21:00	Fit Gym
Dienstag	17:00	18:00	Fit Gym
Samstag	10:30	11:30	Fit Gym
Late- Night- Workout			
Mittwoch	21:00	22:00	Fit Gym
Mama Fit			
Montag	14:00	15:00	Fit Gym
Military Fitness			
Sonntag	12:00	13:00	Fit Gym
Mobility Workout			
Montag	18:00	19:00	Fit Gym
Pilates			
Dienstag	18:00	19:00	Fit Gym
Power Po			
Samstag	11:30	12:30	Fit Gym
Power- Bauch & Rückenfit			
Mittwoch	17:00	18:00	Fit Gym
Schule			
Dienstag	13:00	16:00	Fit Gym
Step Aerobic			
Freitag	18:00	19:00	Fit Gym
Step Aerobic & BBP			
Mittwoch	09:00	10:00	Fit Gym
Total Body Conditioning			
Mittwoch	18:00	19:00	Fit Gym
Vitaler Rücken			
Freitag	11:00	12:00	Fit Gym
Yoga Exakt			
Sonntag	09:00	10:00	Fit Gym
Yoga Relax			
Donnerstag	18:00	19:00	Fit Gym
Yoga Senioren			
Dienstag	10:00	11:00	Fit Gym
Zumba			
Freitag	19:00	20:00	Fit Gym
Zumba Fitness			
Donnerstag	19:00	20:00	Fit Gym
Sonntag	18:00	19:00	Fit Gym
Zumba Gold			
Donnerstag	11:00	12:00	Fit Gym



SPORTSTÄTTEN:

Fitness Gym[Fit Gym]



Inheidener Str. 64

WEITERE INFOS:

Turngemeinde Bornheim 1860 e.V.
Berger Straße 294, 60385 Frankfurt
Telefon 069 / 4600040
Email: info@tgbornheim.de
www.tgbornheim.de

Öffnungszeiten der Geschäftsstelle:
Montag - Freitag
8.00 bis 12.00 Uhr
15.00 bis 20.00 Uhr