# SPORTCENTER BORNHEIM

# Forest Gym

| | | | |
|---|---|---|---|
| **After- Work- Fitness** | | | |
| Mittwoch | 19:30 | 20:30 | Forest |
| Freitag | 16:30 | 17:30 | Forest |
| **Bauch & Rücken** | | | |
| Donnerstag | 17:30 | 18:30 | Forest |
| **BBOP** | | | |
| Freitag | 18:30 | 19:30 | Forest |
| **BBOP Intervall** | | | |
| Freitag | 15:30 | 16:30 | Forest |
| **BBP** | | | |
| Montag | 21:30 | 22:30 | Forest |
| **Bodyfit** | | | |
| Mittwoch | 18:30 | 19:30 | Forest |
| **Bodyrobic** | | | |
| Samstag | 17:30 | 18:30 | Forest |
| Sonntag | 11:30 | 12:30 | Forest |
| **Bodystyling** | | | |
| Sonntag | 16:30 | 17:30 | Forest |
| **BodyWork** | | | |
| Montag | 18:30 | 19:30 | Forest |
| **Dance Workout** | | | |
| Freitag | 17:30 | 18:30 | Forest |
| **deepWORK** | | | |
| Mittwoch | 16:30 | 17:30 | Forest |
| **Flowin Fit** | | | |
| Donnerstag | 19:30 | 20:30 | Forest |
| **Functional Training** | | | |
| Montag | 17:30 | 18:30 | Forest |
| Dienstag | 19:30 | 20:30 | Forest |
| Donnerstag | 18:30 | 19:30 | Forest |
| **HIT the Beat** | | | |
| Freitag | 19:30 | 20:30 | Forest |
| **Intervall Training** | | | |
| Samstag | 12:30 | 13:30 | Forest |
| **Krebsnachsorge (Rehasport)** | | | |
| Mittwoch | 09:30 | 10:30 | Forest |
| | 10:30 | 11:30 | Forest |
| **Langhantel** | | | |
| Montag | 11:30 | 12:30 | Forest |
| | 20:30 | 21:30 | Forest |
| Dienstag | 18:30 | 19:30 | Forest |
| Mittwoch | 20:30 | 21:30 | Forest |
| Donnerstag | 20:30 | 21:30 | Forest |
| Samstag | 11:30 | 12:30 | Forest |
| | 15:30 | 16:30 | Forest |
| Sonntag | 09:30 | 10:30 | Forest |
| **Late Night Stretch** | | | |
| Mittwoch | 21:30 | 22:00 | Forest |
| Donnerstag | 21:30 | 22:00 | Forest |
| **Muscle Power** | | | |
| Mittwoch | 17:30 | 18:30 | Forest |
| Samstag | 10:30 | 11:30 | Forest |
| **New Body Fitness** | | | |
| Montag | 19:30 | 20:30 | Forest |
| Sonntag | 15:30 | 16:30 | Forest |
| **Pilates** | | | |
| Freitag | 11:30 | 12:30 | Forest |
| **Power BBP** | | | |
| Dienstag | 20:30 | 21:30 | Forest |
| **Punch the Beat** | | | |
| Donnerstag | 10:30 | 11:30 | Forest |
| **Rückbildungsgymnastik** | | | |
| Freitag | 10:30 | 11:30 | Forest |
| **Step Aerobic** | | | |
| Sonntag | 14:30 | 15:30 | Forest |
| **Step Aerobic & BBP** | | | |
| Montag | 10:30 | 11:30 | Forest |
| **Total Body Conditioning** | | | |
| Dienstag | 17:30 | 18:30 | Forest |



## SPORTSTÄTTEN:

**Forest Gym[Forest]**



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

# SPORTCENTER BORNHEIM

# Forest Gym Seite 2

## Wake Up Fitness

| | | | |
|---|---|---|---|
| Samstag | 09:30 | - 10:30 | Forest |

## Wirbelsäulengymnastik

| | | | |
|---|---|---|---|
| Samstag | 16:30 | - 17:30 | Forest |
| Sonntag | 10:30 | - 11:30 | Forest |

## Zumba Gold

| | | | |
|---|---|---|---|
| Dienstag | 10:30 | - 11:30 | Forest |



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