

# WINTERKURSPLAN KILLER SPORTS GROß-ZIMMERN GÜLTIG AB 07.12.2011

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONN-& FEIERTAG
Öffnungszeit: 6-23	Öffnungszeit: 8-23	Öffnungszeit: 6-23	Öffnungszeit: 8-23	Öffnungszeit: 8-23	Öffnungszeit: 10-21	Öffnungszeit: 10-21
9.00 - 10.00 Workout <span style="float: right;">R3</span>	9.00-10.00 Rücken FIT <span style="float: right;">R3</span>	9.00-10.00 Gymnastik 50+ <span style="float: right;">R3</span>	8.30-9.30 Gymnastik 50+ <span style="float: right;">R3</span>	8.30-9.30 Pilates PR <span style="float: right;">R3</span>	10.30- ca 12.00 Nordic Walking <span style="float: right;">OUT</span>	10.30-11.30 Workout <span style="float: right;">R3</span>
10.00 - 11.00 Step 2 <span style="float: right;">R1</span>	10.00-11.00 Vinyasa Yoga 2 <span style="float: right;">R3</span>	10.00-11.00 Eltern-Kind Turnen ab 1,5-3 J. <span style="float: right;">R1</span>	9.30-11.00 JIV AMUKTI Yoga <span style="float: right;">R3</span>	9.30-10.30 Yoga 1 PR <span style="float: right;">R3</span>		10.30-12.00 Vinyasa Voga 2 <span style="float: right;">R1</span>
10.00 -11.00 Rücken PR <span style="float: right;">R3</span>		10.00-11.15 Workout + Bauch <span style="float: right;">R3</span>	11.00-12-00 Seniorenboxen <span style="float: right;">R3</span>			11.00-12.30 IC Intervall <span style="float: right;">R2</span>
11.00-12.00 Pilates PR <span style="float: right;">R3</span>						11.30-12.30 Step 2 <span style="float: right;">R3</span>
17.30-18.30 ZUMBA® <span style="float: right;">R3</span>	17.00-18.00 Kinder Judo ab 4 Jahren <span style="float: right;">R3</span>	17.15-18.30 Yoga 1 PR <span style="float: right;">R3</span>	16.30-17.30 Teen Hip Hop ab 8 Jahren <span style="float: right;">R3</span>	15.00-16.00 Sport Karate Anfänger ab 6 Jahren <span style="float: right;">R3</span>	14.00-15.00 Rücken FIT <span style="float: right;">R3</span>	16.00-17.30 Capoeira <span style="float: right;">R3</span>
18.00-18.30 Bauchkiller <span style="float: right;">R1</span>	18.30-19.00 Bauchkiller <span style="float: right;">R3</span>	17.30-18.30 Workout <span style="float: right;">R1</span>	17.30-18.30 Workout <span style="float: right;">R1</span>	16.00-17.00 Sport Karate für Könner <span style="float: right;">R3</span>	15.00-16.00 Step 1 <span style="float: right;">R3</span>	<p><b>R1 = Kursraum1</b>  <b>R2 = Kursraum2</b>  <b>R3 = Kursraum3</b>  <b>OUT = Outdoor</b></p> <p>IC = Indoor Cycling  PR = Prävention  FIT = Fitness  <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 15px; height: 15px; vertical-align: middle;"></span> = kostenpflichtig</p> <p>1 = für jeden geeignet  2 = Mittelstufe  3 = Fortgeschrittene</p>
18.30-19.30 Rücken-FIT <span style="float: right;">R1</span>	19.00-20.00 HOT IRON™ 2 <span style="float: right;">R3</span>	18.30-19.30 Fatburner Aerobic <span style="float: right;">R1</span>	17.30-19.00 Hip Hop 3 <span style="float: right;">R3</span>	17.30-18.30 Fatburner Step 2 <span style="float: right;">R3</span>	16.00-17.00 Workout <span style="float: right;">R3</span>	
18.30-19.30 Workout <span style="float: right;">R3</span>	19.00-20.30 IC Intervall <span style="float: right;">R2</span>	18.30-19.30 Reha Basis-Kurs <span style="float: right;">R2</span>	18.30-19.30 Step 2 <span style="float: right;">R1</span>	18.15-19.15 Rücken PR <span style="float: right;">R1</span>	17.30-19.30 IC Level 3 <span style="float: right;">R2</span>	
19.30-21.00 JIV AMUKTI Yoga <span style="float: right;">R1</span>	19.00-20.00 Rücken FIT <span style="float: right;">R1</span>	18.30-19.30 HOT IRON™ 1 <span style="float: right;">R3</span>	19.00-19.30 Bauchkiller <span style="float: right;">R3</span>	18.30-19.30 Workout <span style="float: right;">R3</span>		
19.30-20.45 IC Level 1 <span style="float: right;">R2</span>	20.00-21.00 Pilates <span style="float: right;">R1</span>	19.30-21.00 Kickboxen <span style="float: right;">R3</span>	19.30-21.00 JIV AMUKTI Yoga <span style="float: right;">R1</span>	19.30-21.00 Hatha Yoga <span style="float: right;">R2</span>		
19.30-20.30 Step 2 <span style="float: right;">R3</span>		19.45-21.00 IC Intervall <span style="float: right;">R2</span>	19.30-20.30 Power Workout mit Flexi Bar <span style="float: right;">R3</span>	19.30-21.30 Kickboxen <span style="float: right;">R3</span>		
20.30-21.30 BBP <span style="float: right;">R3</span>			20.30-22.00 Capoeira <span style="float: right;">R3</span>			


**KILLER SPORTS.de**  
 FITNESS & WELLNESS CLUBS  

## Groß-Zimmern

### Rudolf-Diesel-Straße 3

### Telefon: 06071 - 600 50

**Kinderbetreuung**  
8.30 - 12.00 Uhr

**Kinderbetreuung**  
8.30-12.00 Uhr

**Kinderbetreuung**  
8.30-12.00 Uhr

**Kinderbetreuung**  
8.30-12.00/17.00-19.30

**Kinderbetreuung**  
8.30-12.00/17.00-19.30

**Kinderbetreuung**  
13.45-17.30 Uhr

**Kinderbetreuung SO**  
10.15-13.30 Uhr