

Sport & Gesundheitstreff 2011

Stand Mai 2011

| Zeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|-------|--|--------------------------------------|--|--|--|
| 8:00 | | | | | |
| 8:30 | Multifitness | | | | |
| 9:00 | Geräte- training | Multifitness | Herzsport 08.00-09.30 Hr.Dr. Kautsch + Igor | Multifitness | Multifitness |
| 9:30 | Kraftraum | Geräte- training | | Geräte- training | Geräte- training |
| 10:00 | | Ges.Sport 09.30-10.30 Igor | | | |
| 10:30 | 08.30-10.30 | Kraftraum | Reha-Sport KR 10.00-11.00 Igor | Kraftraum | Reha-Sport 09.30-10.30 Igor |
| 11:00 | | | | Reha-Sport Gym. 10.00-11.00 Igor | |
| 11:30 | Rückbildungsgym. 11.00-12.00 Uhr | | | | |
| 12:00 | | | | Reha-Sport Gym. 11.30-12.30 Igor | |
| 12:30 | Multifitness | Multifitness | | Multifitness | Multifitness |
| 13:00 | Geräte- training | Geräte- training | | Geräte- training | Geräte- training |
| 13:30 | | | | | |
| 14:00 | 12.30-14.00 | 12.30-14.00 | 12.30-14.00 | 12.30-14.00 | 12.30-14.00 |
| 14:30 | | | | | |
| 15:00 | | | | | |
| 15:30 | | | | *Reha-Sport 15-16.00 Kerstin | |
| 16:00 | Kindersport | | | *Nordic Walking | adipos. Sport Ki. 15.30-16.30 Igor |
| 16:30 | 16.00-16.45 Janine | | adipos. Sport Ki. 16.30-17.30 Igor | | adipos. Sport Ju. 16.30-17.30 Igor |
| 17:00 | Kinder Yoga | | | | |
| 17:30 | 17.00-17.45 Janine | | adipos. Sport Jug. 17.30-18.30 Igor | Reha-Sport Gym. 17.30-18.30 Igor | |
| 18:00 | | | | | *Rücken Fit 17.30-18.30 Kerstin |
| 18:30 | Flexi Bar Training | | Step Aerobic | | |
| 19:00 | & Rücken Fit | | 18.30-19.30 Belinda | Soft Aerobic 19.00-20.00 Igor | *Pilates |
| 19:30 | 18.30-20.00 Andy | | | | 18.45-19.30 Kerstin |
| 20:00 | Yoga | | | | |
| 20:30 | 20.00-21.30 Jessica | | | | |
| 21:00 | | | | | |

***ab sofort Anmeldung unter breitensport@sc-potsdam.de oder 0331-622900 möglich!!!**