

# Turngemeinde Bornheim 1860 e.V.



## Forest Gym



|        | Montag                                                                | Dienstag                                                             | Mittwoch                                                           | Donnerstag                                                  | Freitag                                                                | Samstag                                                       | Sonntag                                                            |
|--------|-----------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------|
| 9 Uhr  |                                                                       |                                                                      |                                                                    |                                                             |                                                                        |                                                               |                                                                    |
| 10 Uhr |                                                                       |                                                                      | <b>Krebsnachsorge (Rehasport)</b><br>09:30 - 10:30<br>Gudrun Sachs |                                                             |                                                                        | <b>Wake Up Fitness</b><br>09:30 - 10:30<br>Elena Vieten       | <b>Langhantel</b><br>09:30 - 10:30<br>Susanne Ehrenheim            |
| 11 Uhr | <b>Step Aerobic &amp; BBP</b><br>10:30 - 11:30<br>Claudia Hildenbrand | <b>Zumba Gold</b><br>10:30 - 11:30<br>Fumiko Ohama                   | <b>Krebsnachsorge (Rehasport)</b><br>10:30 - 11:30<br>Gudrun Sachs | <b>Punch the Beat</b><br>10:30 - 11:30<br>Elena Vieten      | <b>Rückbildungsgymnastik</b><br>10:30 - 11:30<br>Annette Schmidt       | <b>Muscle Power</b><br>10:30 - 11:30<br>Elena Vieten          | <b>Wirbelsäulengymnastik</b><br>10:30 - 11:30<br>Susanne Ehrenheim |
| 12 Uhr | <b>Langhantel</b><br>11:30 - 12:30<br>Claudia Hildenbrand             |                                                                      |                                                                    |                                                             | <b>Pilates</b><br>11:30 - 12:30<br>Annette Schmidt                     | <b>Langhantel</b><br>11:30 - 12:30<br>Elena Vieten            | <b>Bodyrobic</b><br>11:30 - 12:30<br>Susanne Ehrenheim             |
| 13 Uhr |                                                                       |                                                                      |                                                                    |                                                             |                                                                        | <b>Intervall Training</b><br>12:30 - 13:30<br>Elena Vieten    |                                                                    |
| 14 Uhr |                                                                       |                                                                      |                                                                    |                                                             |                                                                        |                                                               |                                                                    |
| 15 Uhr |                                                                       |                                                                      |                                                                    |                                                             |                                                                        |                                                               | <b>Step Aerobic</b><br>14:30 - 15:30<br>Christiane Wirth           |
| 16 Uhr |                                                                       |                                                                      |                                                                    |                                                             | <b>BBOP Intervall</b><br>15:30 - 16:30<br>Marta Magdalena Schaefer     | <b>Langhantel</b><br>15:30 - 16:30<br>Chris Chmiel            | <b>New Body Fitness</b><br>15:30 - 16:30<br>Christiane Wirth       |
| 17 Uhr |                                                                       |                                                                      | <b>deepWORK</b><br>16:30 - 17:30<br>Claudia Hildenbrand            |                                                             | <b>After-Work-Fitness</b><br>16:30 - 17:30<br>Marta Magdalena Schaefer | <b>Wirbelsäulengymnastik</b><br>16:30 - 17:30<br>Chris Chmiel | <b>Bodystyling</b><br>16:30 - 17:30<br>Christiane Wirth            |
| 18 Uhr | <b>Functional Training</b><br>17:30 - 18:30<br>Claudia Hildenbrand    | <b>Total Body Conditioning</b><br>17:30 - 18:30<br>Clara Luederwaldt | <b>Muscle Power</b><br>17:30 - 18:30<br>Elena Vieten               | <b>Bauch &amp; Rücken</b><br>17:30 - 18:30<br>Michael Gudo  | <b>Dance Workout</b><br>17:30 - 18:30<br>Elena Vieten                  | <b>Bodyrobic</b><br>17:30 - 18:30<br>Chris Chmiel             |                                                                    |
| 19 Uhr | <b>BodyWork</b><br>18:30 - 19:30<br>Claudia Hildenbrand               | <b>Langhantel</b><br>18:30 - 19:30<br>Ricarda Seufert                | <b>Bodyfit</b><br>18:30 - 19:30<br>Pia Epping                      | <b>Functional Training</b><br>18:30 - 19:30<br>Michael Gudo | <b>BBOP</b><br>18:30 - 19:30<br>Elena Vieten                           |                                                               |                                                                    |
| 20 Uhr | <b>New Body Fitness</b><br>19:30 - 20:30<br>Christiane Wirth          | <b>Functional Training</b><br>19:30 - 20:30<br>Ricarda Seufert       | <b>After-Work-Fitness</b><br>19:30 - 20:30<br>Paul Hoffmann        | <b>Flowin Fit</b><br>19:30 - 20:30<br>Clara Luederwaldt     | <b>HIT the Beat</b><br>19:30 - 20:30<br>Elena Vieten                   |                                                               |                                                                    |
| 21 Uhr | <b>Langhantel</b><br>20:30 - 21:30<br>Christiane Wirth                | <b>Power BBP</b><br>20:30 - 21:30<br>Paul Hoffmann                   | <b>Langhantel</b><br>20:30 - 21:30<br>Paul Hoffmann                | <b>Langhantel</b><br>20:30 - 21:30<br>Clara Luederwaldt     |                                                                        |                                                               |                                                                    |
| 22 Uhr | <b>BBP</b><br>21:30 - 22:30<br>Christiane Wirth                       |                                                                      | <b>Late Night Stretch</b><br>21:30 - 22:00                         | <b>Late Night Stretch</b><br>21:30 - 22:00                  |                                                                        |                                                               |                                                                    |
| 23 Uhr |                                                                       |                                                                      |                                                                    |                                                             |                                                                        |                                                               |                                                                    |