

Aerobic / Gymnastik

After-Work- Fitness

Mittwoch	19:30 - 20:30	Forest
Freitag	16:30 - 17:30	Forest

Balance Workout

Dienstag	10:30 - 11:30	Light
Freitag	09:30 - 10:30	Forest
	09:30 - 10:30	WGym

Bauch & Rücken

Montag	10:00 - 11:00	H SCB
Dienstag	19:00 - 20:00	Fit Gym
Mittwoch	10:00 - 11:00	Fit Gym
Donnerstag	17:30 - 18:30	Forest
Freitag	10:00 - 11:00	H SCB

BBOP

Montag	18:30 - 19:30	JGym
Dienstag	11:30 - 12:30	Light
Donnerstag	18:00 - 19:00	Stone
Freitag	18:30 - 19:30	Forest
Samstag	09:30 - 10:30	Light

BBOP Intervall

Donnerstag	10:30 - 11:30	JGym
Freitag	15:30 - 16:30	Forest

BBP

Montag	19:00 - 20:00	Stone
	21:30 - 22:30	Forest
Mittwoch	19:00 - 20:00	Fit Gym

Body Workout & BBOP

Sonntag	12:30 - 13:30	Light
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Bodyfit

Mittwoch	18:30 - 19:30	Forest
Donnerstag	18:30 - 19:30	JGym

Bodyrobic

Montag	17:30 - 18:30	JGym
Samstag	17:30 - 18:30	Forest
Sonntag	11:30 - 12:30	Forest

Bodystyling

Montag	19:00 - 20:00	Fit Gym
Donnerstag	20:00 - 21:00	FC
Freitag	17:00 - 18:00	Street
Sonntag	16:30 - 17:30	Forest

BodyWork

Montag	18:30 - 19:30	Forest
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Bootcamp

Dienstag	19:00 - 20:30	OD
Mittwoch	17:30 - 19:00	OD

deepWORK

Mittwoch	16:30 - 17:30	Forest
Samstag	17:00 - 18:00	Stone
Sonntag	11:30 - 12:30	Light

Fatburner Step

Samstag	10:00 - 11:00	Street
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Fatburner Workout

Dienstag	18:30 - 19:30	JGym
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Fatburning Extreme

Mittwoch	20:00 - 21:00	Fit Gym
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Fit for Day

Sonntag	09:00 - 10:00	Yoga
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Fitness Workout

Donnerstag	10:00 - 11:00	Stone
Freitag	11:30 - 12:30	Light

Functional Training

Montag	17:30 - 18:30	Forest
Dienstag	19:30 - 20:30	Forest
Mittwoch	10:30 - 11:30	JGym
Donnerstag	18:30 - 19:30	Forest

HIT

Montag	18:30 - 19:30	WGym
Dienstag	18:30 - 19:30	WGym
	20:00 - 21:00	Fit Gym
Mittwoch	17:30 - 18:30	WGym

Intervall Training

Samstag	12:30 - 13:30	Forest
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SPORTSTÄTTEN:

Forest Gym[Forest]

Inheidener Str. 64

Light Gym[Light]

Inheidener Str. 64

Wellness Gym[WGym]

Inheidener Str. 64

Halle SCB[H SCB]

Inheidener Str. 64

Fitness Gym[Fit Gym]

Inheidener Str. 64

Jungle Gym[JGym]

Inheidener Str. 64

Stone Gym[Stone]

Inheidener Str. 64

Fun Court[FC]

Inheidener Str. 64

Street Style Gym[Street]

Inheidener Str. 64

Outdoor[OD]

Treffpunkt am SCB

Yoga Gym[Yoga]

Inheidener Str. 64

WEITERE INFOS:

Sportcenter Bornheim
Inheidener Str. 64, 60385 Frankfurt
Tel. 069 9450720
Email: info@tgbornheim.de
www.tgbornheim.de

Aerobic / Gymnastik Seite 2

Jumping

Montag	18:30 - 19:30
Dienstag	18:30 - 19:30
Mittwoch	07:30 - 08:30
Donnerstag	11:30 - 12:30
Freitag	07:30 - 08:30
Samstag	10:30 - 11:30
Sonntag	13:30 - 14:30

Light
Light
Light
Light
Light
Light
Light
Light
Light
Light

Kettlebell Workout

Montag	10:00 - 11:00
Dienstag	17:00 - 18:00
Samstag	10:30 - 11:30

Fit Gym
Fit Gym
Fit Gym

Langhantel

Montag	11:30 - 12:30
Dienstag	18:30 - 19:30
Mittwoch	20:30 - 21:30
Donnerstag	20:30 - 21:30
Samstag	11:30 - 12:30
Sonntag	09:30 - 10:30

Forest
Forest
Forest
Forest
Forest
Forest
Forest

Late-Night-Workout

Mittwoch	21:00 - 22:00
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Fit Gym

Military Fitness

Sonntag	12:00 - 13:00
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Fit Gym

Muscle Power

Mittwoch	17:30 - 18:30
Samstag	10:30 - 11:30

Forest
Forest

New Body Fitness

Montag	19:30 - 20:30
Sonntag	15:30 - 16:30

Forest
Forest

NIA

Mittwoch	10:00 - 11:00
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Stone

Power Bauch

Montag	19:30 - 20:30
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JGym

Power-Bauch & Rückenfit

Montag	11:00 - 12:00
Dienstag	17:30 - 18:30
Mittwoch	17:00 - 18:00
Donnerstag	09:30 - 10:30

Stone
Light
Fit Gym
JGym

Rope Skipping Kids 6-14 Jahre

Dienstag	16:30 - 17:30
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MGym

Rope Skipping Teens & Erwachsene

Dienstag	17:30 - 18:30
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MGym

Rücken&Faszienfit

Dienstag	19:30 - 20:30
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Water

Slashpipe

Mittwoch	18:30 - 19:30
Sonntag	12:30 - 13:30

Water
Water

Step Aerobic

Donnerstag	17:00 - 18:00
Freitag	18:00 - 19:00
Sonntag	14:30 - 15:30

Street
Fit Gym
Forest

SURFSET

Dienstag	19:30 - 20:30
Mittwoch	19:30 - 20:30

Beach
Beach

TH-Combat

Samstag	12:30 - 13:30
Sonntag	12:00 - 13:00

Light
Stone

TH-Fit

Samstag	11:30 - 12:30
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Light

Thai Bo

Dienstag	10:00 - 11:00
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Street

Total Body Conditioning

Dienstag	17:30 - 18:30
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Forest



SPORTSTÄTTEN:

Light Gym[Light]



Inheidener Str. 64

Fitness Gym[Fit Gym]



Inheidener Str. 64

Forest Gym[Forest]



Inheidener Str. 64

Stone Gym[Stone]



Inheidener Str. 64

Jungle Gym[JGym]

Inheidener Str. 64

Mountain Gym[MGym]

Inheidener Str. 64

Water Gym[Water]



Inheidener Str. 64

Street Style Gym[Street]



Inheidener Str. 64

Beach Gym[Beach]



Inheidener Str. 64

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Aerobic / Gymnastik Seite 3

Total Body Conditioning

Dienstag	17:30 - 18:30	Forest
Mittwoch	18:00 - 19:00	Fit Gym

TRX

Montag	18:00 - 19:00	Street
Dienstag	11:00 - 12:00	Street
	18:00 - 19:00	Street
Freitag	18:00 - 19:00	Street
Sonntag	11:00 - 12:00	Street

Wake Up Fitness

Samstag	09:30 - 10:30	Forest
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Yoga im Sand

Donnerstag	19:00 - 20:00	Beach
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SPORTSTÄTTEN:

Forest Gym[Forest]



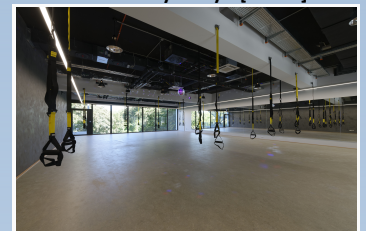
Inheidener Str. 64

Fitness Gym[Fit Gym]



Inheidener Str. 64

Street Style Gym[Street]



Inheidener Str. 64

Beach Gym[Beach]



Inheidener Str. 64

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