

Gesundheitssport

Aerial Yoga

Mittwoch	11:00 - 12:00	Street
	20:00 - 21:00	Street
Donnerstag	19:00 - 20:00	Street
	20:00 - 21:00	Street
Sonntag	10:00 - 11:00	Street

Aqua Orthopädie (Rehasport)

Mittwoch	11:30 - 12:30	AGymSB1
Donnerstag	08:00 - 09:00	AGymSB1
	09:00 - 10:00	AGymSB1
Freitag	10:00 - 11:00	AGymSB1
	11:00 - 12:00	AGymSB1
	13:30 - 14:30	AGymSB1

Faszien in Bewegung

Montag	11:00 - 12:00	Yoga
--------	---------------	------

Koronarsport (Rehasport)

Mittwoch	10:30 - 11:30	WGym
	11:30 - 12:30	WGym

Krebsnachsorge (Rehasport)

Mittwoch	09:30 - 10:30	Forest
	10:30 - 11:30	Forest

Orthopädie (Rehasport)

Dienstag	09:30 - 10:30	WGym
	10:30 - 11:30	WGym
	11:30 - 12:30	WGym
	15:30 - 16:30	WGym
	16:30 - 17:30	WGym
	17:30 - 18:30	WGym
Mittwoch	12:30 - 13:30	WGym
Freitag	10:30 - 11:30	WGym
Samstag	13:30 - 14:30	WGym

Pilates

Montag	19:00 - 20:00	Yoga
Dienstag	18:00 - 19:00	Fit Gym
	18:00 - 19:00	Yoga
Mittwoch	11:00 - 12:00	Stone
	17:00 - 18:00	Yoga
	19:30 - 20:30	WGym
Freitag	11:30 - 12:30	Forest
	17:00 - 18:00	Yoga
Samstag	11:00 - 12:00	Yoga

Pilates & Faszien

Mittwoch	18:30 - 19:30	Beach
Freitag	10:30 - 11:30	Light

Pilates Einsteiger

Montag	18:00 - 19:00	Yoga
Donnerstag	19:00 - 20:00	Yoga
Sonntag	10:00 - 11:00	Yoga

Power Yoga

Dienstag	11:00 - 12:00	Yoga
Mittwoch	18:00 - 19:00	Yoga
Donnerstag	12:00 - 13:00	Yoga
	18:00 - 19:00	Yoga
Freitag	10:00 - 11:00	Yoga
	18:00 - 19:00	Yoga
Samstag	15:00 - 16:00	Yoga
Sonntag	14:00 - 15:00	Yoga

Qi Gong

Mittwoch	18:30 - 19:30	WGym
----------	---------------	------

Rückbildungsgymnastik

Freitag	10:30 - 11:30	Forest
---------	---------------	--------

Rückenfit

Samstag	14:30 - 15:30	WGym
---------	---------------	------

Stretch & Relax

Montag	11:00 - 12:00	H SCB
Dienstag	18:30 - 19:30	Water
Donnerstag	11:00 - 12:00	Street
	17:00 - 18:00	Yoga
Freitag	11:00 - 12:00	H SCB
Sonntag	15:00 - 16:00	Yoga

Sturzprophylaxe

Montag	11:00 - 12:00	Beach
--------	---------------	-------

Tai Chi Anfänger

Mittwoch	19:30 - 20:30	Stone
----------	---------------	-------

Vitaler Rücken

Mittwoch	09:30 - 10:30	Light
----------	---------------	-------



SPORTSTÄTTEN:

Street Style Gym[Street]

Inheidener Str. 64

Aqua Gym Schwimmkursbahn 1[AGymSB1]

Inheidener Str. 64

Yoga Gym[Yoga]

Inheidener Str. 64

Wellness Gym[WGym]

Inheidener Str. 64

Forest Gym[Forest]

Inheidener Str. 64

Fitness Gym[Fit Gym]

Inheidener Str. 64

Stone Gym[Stone]

Inheidener Str. 64

Beach Gym[Beach]

Inheidener Str. 64

Light Gym[Light]

Inheidener Str. 64

Halle SCB[H SCB]

Inheidener Str. 64

Water Gym[Water]

Inheidener Str. 64

WEITERE INFOS:

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

Gesundheitssport Seite 2

Vitaler Rücken

Mittwoch	09:30 - 10:30	Light
	16:00 - 17:00	Yoga
Freitag	11:00 - 12:00	Fit Gym
Sonntag	11:30 - 12:30	WGym

Wirbelsäulengymnastik

Montag	10:30 - 11:30	MGym
Dienstag	10:00 - 11:00	Stone
Samstag	16:30 - 17:30	Forest
Sonntag	10:30 - 11:30	Forest

Workout Yoga

Samstag	10:00 - 11:00	Yoga
---------	---------------	------

Yoga

Montag	17:00 - 18:00	Yoga
Dienstag	20:00 - 21:00	Yoga
Donnerstag	13:00 - 14:00	Yoga
	20:00 - 21:00	Yoga
Sonntag	11:00 - 12:00	Yoga

Yoga Basic

Dienstag	10:00 - 11:00	Yoga
Mittwoch	10:00 - 11:00	Yoga
Sonntag	10:30 - 11:30	Water

Yoga Einsteiger

Montag	10:00 - 11:00	Yoga
Samstag	09:00 - 10:00	Yoga

Yoga Exakt

Mittwoch	19:00 - 20:00	Yoga
Freitag	11:00 - 12:00	Yoga
Sonntag	09:00 - 10:00	Fit Gym

Yoga Flow

Mittwoch	12:00 - 13:00	Yoga
Donnerstag	10:00 - 11:00	Yoga
Samstag	14:00 - 15:00	Yoga
	16:00 - 17:00	Yoga

Yoga für Schwangere

Donnerstag	11:30 - 12:30	Water
Sonntag	12:00 - 13:00	Yoga

Yoga meets Pilates

Montag	10:00 - 11:00	Stone
Donnerstag	16:00 - 17:00	Yoga
Freitag	19:00 - 20:00	Yoga
Samstag	13:00 - 14:00	Yoga
Sonntag	16:00 - 17:00	Yoga

Yoga Relax

Dienstag	19:00 - 20:00	Yoga
----------	---------------	------

Yoga Rückbildung

Donnerstag	10:30 - 11:30	Water
------------	---------------	-------

Yoga Rücken

Mittwoch	11:00 - 12:00	Yoga
Freitag	16:00 - 17:00	Yoga

Yoga Slow

Samstag	12:00 - 13:00	Yoga
---------	---------------	------

Yogilates

Montag	20:00 - 21:00	Yoga
Donnerstag	11:00 - 12:00	Yoga



SPORTSTÄTTEN:

Light Gym[Light]



Inheidener Str. 64

Yoga Gym[Yoga]



Inheidener Str. 64

Fitness Gym[Fit Gym]



Inheidener Str. 64

Wellness Gym[WGym]



Inheidener Str. 64

Mountain Gym[MGym]

Inheidener Str. 64

Stone Gym[Stone]



Inheidener Str. 64

Forest Gym[Forest]



Inheidener Str. 64

Water Gym[Water]



Inheidener Str. 64

WEITERE INFOS:

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