Turngemeinde Bornheim 1860 e.V.

fresh fun fit free

Aerobic / Gymnastik

After- Work- Fitness			
Montag	18:00 -	19:00	GYM F
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	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
	10:00 -	11:00	GYM 2
BBOP Intervall			
Donnerstag	10:30 -	11:30	JGym
Freitag	15:30 -	16:30	Forest
BBP			
Montag	16:00 -	17:00	GYM F
	19:00 -	20:00	Stone
	21:30 -	22:30	Forest
Mittwoch	19:00 -	20:00	Fit Gym
Donnerstag	10:30 -	11:30	GYM 2
	19:00 -	20:00	GYM 2
Body Workout & BBOP			
Sonntag	12:30 -	13:30	Light
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
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
Fatburner Workout			
Dienstag	18:30 -	19:30	JGym
Fatburning Extreme			
Mittwoch	20:00 -	21:00	Fit Gym
Fit +/- 50			
Donnerstag	11:00 -	12:00	Halle
Fit for Day			
Sonntag	09:00 -	10:00	Yoga
Fitness Workout			
Montag	19:00 -	20:00	GBP
Donnerstag	10:00 -	11:00	Stone
Freitag	11:30 -	12:30	Light
Frauengymnastik			
Donnerstag	10:00 -	11:00	Halle
Functional Training			
Montag	17:30 -	18:30	Forest
Dienstag	19:30 -	20:30	Forest
Mittwoch	10:30 -	11:30	JGym

SPORTSTÄTTEN:

Gym F[GYM F]
Konstanzer Str. 16

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

GYM 2
Berger Str. 294

Fun Court[FC]
Inheidener Str. 64

Street Style Gym[Street]
Inheidener Str. 64

Outdoor[OD]
Treffpunkt am SCB

Halle
Berger Str. 294

Yoga Gym[Yoga]
Inheidener Str. 64

Günthersburgpark[GBP]
Café im Günthersburgpark

WEITERE INFOS:

Turngemeinde Bornheim 1860 e.V.
Berger Straße 294, 60385 Frankfurt
Telefon 069 / 4600040
Email: info@tgbornheim.de
www.tgbornheim.de

Öffnungszeiten der Geschäftsstelle:
Montag - Freitag
8.00 bis 12.00 Uhr
15.00 bis 20.00 Uhr

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Aerobic / Gymnastik Seite 2

Functional Training

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
Freitag	17:00 - 18:00	Fit Gym

Intervall Training

Samstag	12:30 - 13:30	Forest

Jumping

Montag	18:30 - 19:30	Light
	19:30 - 20:30	Light
Dienstag	18:30 - 19:30	Light
	19:00 - 20:00	GYM F
Mittwoch	07:30 - 08:30	Light
	17:30 - 18:30	Light
	19:00 - 20:00	GYM F
	19:30 - 20:30	Light
Donnerstag	11:30 - 12:30	Light
	18:30 - 19:30	Light
	19:00 - 20:00	GYM F
	20:30 - 21:30	Light
Freitag	07:30 - 08:30	Light
	19:30 - 20:30	Light
Samstag	10:30 - 11:30	Light
Sonntag	13:30 - 14:30	Light
	17:30 - 18:30	Light

Kettlebell Workout

Montag	10:00 - 11:00	Fit Gym
	17:00 - 18:00	Fit Gym
	20:00 - 21:00	Fit Gym
Dienstag	17:00 - 18:00	Fit Gym
Samstag	10:30 - 11:30	Fit Gym

Langhantel

Montag	11:30 - 12:30	Forest
	18:00 - 19:00	GYM 2
	20:30 - 21:30	Forest
Dienstag	18:30 - 19:30	Forest
Mittwoch	20:30 - 21:30	Forest
Donnerstag	11:30 - 12:30	GYM 2
	20:30 - 21:30	Forest
Samstag	11:30 - 12:30	Forest
	13:00 - 14:00	GYM 2
	15:30 - 16:30	Forest
Sonntag	09:30 - 10:30	Forest

Late- Night- Workout

Mittwoch	21:00 - 22:00	Fit Gym

Military Fitness

Sonntag	12:00 - 13:00	Fit Gym

Muscle Power

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

New Body Fitness

Montag	18:00 - 19:00	Halle
	19:30 - 20:30	Forest
Sonntag	15:30 - 16:30	Forest

NIA

Mittwoch	10:00 - 11:00	Stone

Nordic Walking

Dienstag	10:00 - 11:00	O
	11:00 - 12:00	O
Freitag	10:00 - 11:00	O
	11:00 - 12:00	O

Power Bauch

Montag	19:30 - 20:30	JGym

Power- Bauch & Rückenfit

Montag	11:00 - 12:00	Stone
Dienstag	17:30 - 18:30	Light
Mittwoch	17:00 - 18:00	Fit Gym
Donnerstag	09:30 - 10:30	JGym
Samstag	11:00 - 12:00	GYM 2

Power- Bauch & Rückenfitness

Samstag	11:00 - 12:00	GYM F

SPORTSTÄTTEN:

Jungle Gym[JGym]

Inheidener Str. 64

Forest Gym[Forest]

Inheidener Str. 64

Wellness Gym[WGym]

Inheidener Str. 64

Fitness Gym[Fit Gym]

Inheidener Str. 64

Light Gym[Light]

Inheidener Str. 64

Gym F[GYM F]

Konstanzer Str. 16

GYM 2

Berger Str. 294

Halle

Berger Str. 294

Stone Gym[Stone]

Inheidener Str. 64

Ostpark[O]

Ratsweg 10

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Aerobic / Gymnastik Seite 3

Rope Skipping Kids 6- 14 Jahre

Dienstag	16:30	17:30	MGym

Rope Skipping Teens & Erwachsene

Dienstag	17:30	18:30	MGym

Rücken&Faszienfit

Dienstag	19:30	20:30	Water

Slashpipe

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

Step Aerobic

Donnerstag	17:00	18:00	Street
Freitag	18:00	19:00	Fit Gym
Sonntag	14:30	15:30	Forest

Stretch & Workout

Mittwoch	19:00	20:00	GYM 2

SURFSET

Dienstag	19:30	20:30	Beach
Mittwoch	19:30	20:30	Beach

TH- Combat

Samstag	12:30	13:30	Light
Sonntag	12:00	13:00	Stone

TH- Fit

Samstag	11:30	12:30	Light

Thai Bo

Dienstag	10:00	11:00	Street

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

Yoga im Sand

Donnerstag	19:00	20:00	Beach

SPORTSTÄTTEN:

Mountain Gym[MGym]

Inheidener Str. 64

Water Gym[Water]

Inheidener Str. 64

Street Style Gym[Street]

Inheidener Str. 64

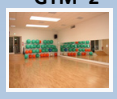
Fitness Gym[Fit Gym]

Inheidener Str. 64

Forest Gym[Forest]

Inheidener Str. 64

GYM 2



Berger Str. 294

Beach Gym[Beach]

Inheidener Str. 64

Light Gym[Light]

Inheidener Str. 64

Stone Gym[Stone]

Inheidener Str. 64

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