



	Halle SCB	Dojo	Wellness Gym	Fitness Gym	Street Style ..	Stone Gym	Forest Gym	Beach Gym	Water Gym	Light Gym	Yoga Gym
7 Uhr											
8 Uhr											Dance Yoga 07:30 - 08:30 Claudia Weh
9 Uhr											
10 Uhr	Bauch & Rüc.. 10:00 - 11:00 Inna Brueck		Pilates Rückbi.. 10:00 - 11:00 Nicole Zielinski	Kettlebell Wor.. 10:00 - 11:00 Paul Hoffmann		Yoga meets Pilates 10:00 - 11:00 Sabrina Sesay					Yoga Einstei.. 10:00 - 11:00 Barbara Aigner
11 Uhr	Stretch & Relax 11:00 - 12:00 Paul Hoffmann			Qi Gong Senio.. 11:00 - 12:00 Rolf Fleer		Power-Bauch & Rückenfit 11:00 - 12:00 Sabrina Sesay	Step Aerobic .. 10:30 - 11:30 Claudia Hildenbrand	Sturzprophylaxe 11:00 - 12:00 Heide Urban			Faszien in Be.. 11:00 - 12:00 Barbara Aigner
12 Uhr							Langhantel 11:30 - 12:30 Claudia Hildenbrand				
13 Uhr											
14 Uhr	Schule 12:00 - 16:00 Erasmus Schule	Judo Schnupp.. 14:00 - 15:30 Goran Oswald		Mama Fit 14:00 - 15:00 Kim Kuczera							
15 Uhr				Selbstbehaupt.. 15:00 - 16:00 Stefanie Emmert							
16 Uhr		Judo Anfänge.. 15:30 - 17:00 Paul Grabisch, Goran Oswald			Hip Hop Kids .. 16:00 - 17:00 Jens Diehl						
17 Uhr			Cheerleading .. 16:30 - 17:30 Merle Tabola			Modern Jazzballett 6-9 Jahre (A.. 16:30 - 17:30 Alexandra Diedrich					
18 Uhr		Judo Vorberei.. 17:00 - 18:00 Goran Oswald, Paul Grabisch	Cheerleading .. 17:30 - 18:30 Merle Tabola	Kettlebell Wor.. 17:00 - 18:00 Corinna Koine	Hip Hop Teens 17:00 - 18:00 Jens Diehl				Pole Dance Be.. 16:30 - 17:30 Maximilian Merlau		Yoga 17:00 - 18:00 Friederike C. Bachmann-Rossbach
19 Uhr		Judo Wettkam.. 18:00 - 19:00 Goran Oswald	HIT 18:30 - 19:30 Julian Hartmann	Mobility Work.. 18:00 - 19:00 Corinna Koine	TRX 18:00 - 19:00 Maximilian Langecker	WK Dance Schüler ab 9 Jahre 17:30 - 19:00 Alexandra Diedrich	Functional Tra.. 17:30 - 18:30 Claudia Hildenbrand		Pole Dance Be.. 17:30 - 18:30 Maximilian Merlau		Pilates Einstei.. 18:00 - 19:00 Friederike C. Bachmann-Rossbach
20 Uhr	Futsal Erwach.. 19:00 - 21:00 Mehmet Karacaguer		Zumba Fitness 19:30 - 20:30 Monica Puma	Bodystyling 19:00 - 20:00 Nadja Grede		BBP 19:00 - 20:00 Claudia Weh	BodyWork 18:30 - 19:30 Claudia Hildenbrand	Völkerball Jugend .. 19:00 - 20:00 Manuel Chmelik	Pole Dance Pr.. 18:30 - 19:30 Maximilian Merlau	Jumping 18:30 - 19:30 Janina Romann	Pilates 19:00 - 20:00 Friederike C. Bachmann-Rossbach
21 Uhr		Hap-Ki-Do Jug.. 19:30 - 21:00 Christoph Mueller		Kettlebell Wor.. 20:00 - 21:00 Claudia Weh	Step Aerobic .. 20:00 - 21:00 Nadja Grede		New Body Fitn.. 19:30 - 20:30 Christiane Wirth	Völkerball Erwach.. 20:00 - 21:00 Manuel Chmelik	Flexibility Yoga 19:30 - 20:30 Christian Kunze	Jumping 19:30 - 20:30 Clara Cornel	Yogilates 20:00 - 21:00 Friederike C. Bachmann-Rossbach
22 Uhr	Basketball Mit.. 21:00 - 23:00 Zeljko Mestrovic	Hap-Ki-Do Auf.. 21:00 - 22:00 Christoph Mueller				Capoeira 20:00 - 22:00 Daniel Barbosa	Langhantel 20:30 - 21:30 Christiane Wirth		After Work Y.. 20:30 - 21:30 Christian Kunze		
23 Uhr							BBP 21:30 - 22:30 Christiane Wirth				

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Turngemeinde Bornheim 1860 e.V.



Sportcenter Bornheim Donnerstag



	Halle SCB	Dojo	Wellness Gym	Fitness Gym	Street Style Gym	Stone Gym	Forest Gym	Beach Gym	Water Gym	Light Gym	Yoga Gym
7 Uhr											
8 Uhr				Early Bird Work.. 07:30 - 08:30 Christiane Wirth							
9 Uhr											
10 Uhr	Schule 10:00 - 17:00 Kantschule Schule					Fitness Workout 10:00 - 11:00 Monika Diaz del Aguila			Fit nach der Rüc.. 09:30 - 10:30 Vanessa Doll		Yoga Flow 10:00 - 11:00 Anita Vogt
11 Uhr				Zumba Gold 11:00 - 12:00 Monika Diaz del Aguila	Stretch & Relax 11:00 - 12:00 Johanna Glatt		Punch the Beat 10:30 - 11:30 Elena Vieten		Yoga Rückbildu.. 10:30 - 11:30 Vanessa Doll		Yogilates 11:00 - 12:00 Anita Vogt
12 Uhr				Gymnastik mit d.. 12:00 - 13:00 Angela Kerschgens-Krueger					Yoga für Schwa.. 11:30 - 12:30 Vanessa Doll	Jumping 11:30 - 12:30 Elena Vieten	Power Yoga 12:00 - 13:00 Anita Vogt
13 Uhr											Yoga 13:00 - 14:00 Vanessa Doll
14 Uhr						Schule 13:00 - 16:00 Kantschule Schule					Pilates Flow 14:00 - 15:00 Vanessa Doll
15 Uhr		Judo Schnupper.. 14:00 - 15:30 Goran Oswald									
16 Uhr		Judo Anfänger/.. 15:30 - 17:00 Goran Oswald, Paul Grab	Line Dance Erst.. 15:30 - 16:30 Hildegard Rauhut								Yoga meets Pila.. 16:00 - 17:00 Sabine Armbruster
17 Uhr			Line Dance Anfä.. 16:30 - 17:30 Hildegard Rauhut		Step Aerobic 17:00 - 18:00 Claudia Hildenbrand	Pilates-Rückenfit 17:00 - 18:00 Annette Schmidt					Stretch & Relax 17:00 - 18:00 Sabine Armbruster
18 Uhr	Badminton 9-18 17:00 - 19:00 Fabian Gaestel	Judo Vorbereitu.. 17:00 - 18:00 Goran Oswald, Paul Grab	Line Dance Fort.. 17:30 - 18:30 Hildegard Rauhut		TRX 12-18 Jahre 18:00 - 19:00 Paul Hoffmann	BBOP 18:00 - 19:00 Petra Roemer	Bauch & Rücken 17:30 - 18:30 Michael Gudo			Kung Fu Kids ab.. 17:30 - 18:30 Michael Caputo	Power Yoga 18:00 - 19:00 Kamila Kuflowski
19 Uhr							Functional Train.. 18:30 - 19:30 Michael Gudo	Fitness im Sand 18:00 - 19:00 Annette Schmidt			
20 Uhr		Karate Unter- Mi.. 19:00 - 20:00 Florian Bonvissuto		Zumba Fitness 19:00 - 20:00 Melanie Haberle	Aerial Yoga 19:00 - 20:00 Elke Rettenbacher	Dance Workout 19:00 - 20:00 Nele Duecker		Yoga im Sand 19:00 - 20:00 Friederike Scholz	Pole Dance Pre-I.. 18:30 - 19:30 Anna-Janine Bertuleit	Jumping 18:30 - 19:30 Claudia Hildenbrand	Pilates Einsteiger 19:00 - 20:00 Petra Roemer
21 Uhr	Prellball 20:00 - 22:00 Dennis Voelker	Karate Oberstufe 20:00 - 21:00 Florian Bonvissuto		Late Night Yoga 20:00 - 21:00 Friederike Scholz	Aerial Yoga 20:00 - 21:00 Elke Rettenbacher	Capoeira 20:00 - 22:00 Maximilian Caruso	Flowin Fit 19:30 - 20:30 Clara Luederwaldt		Pole Dance Inter.. 19:30 - 20:30 Anna-Janine Bertuleit	Kick?n?Punch 19:30 - 20:30 Elena Frank	Yoga 20:00 - 21:00 Corinna Wiedicke
22 Uhr							Langhantel 20:30 - 21:30 Clara Luederwaldt		Pole Dance Pre-I.. 20:30 - 21:30 Anna-Janine Bertuleit	Jumping 20:30 - 21:30 Kira Jacob	
							Late Night Stretch 21:30 - 22:00				

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