



- Sportcenter

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SGE - KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7:00							
8:00		Reha-Sport 8:00 - 8:55					
9:00		Reha-Sport 9:00 - 9:55		Reha-Sport 9:00 - 9:55		Indoor Cycling 9:00 - 9:55	Hula Hoop 8:50 - 9:50
10:00	Yoga 60 + 10:00 - 11:30	Reha-Sport 10:00 - 10:55	Reha-Sport 9:45 - 10:40	Reha-Sport 10:00 - 10:55	Reha-Sport 10:00 - 10:55	Workout Factory 10:15 - 11:15	
11:00		Reha-Sport 11:00 - 11:55	Reha-Sport 10:45 - 11:40	Reha-Sport 11:15 - 12:10	Reha-Sport 11:00 - 11:55		Indoor Cycling 10:30 - 11:30
12:00					Reha-Sport (Lungensport) 12:30 - 13:30		
13:00	Mittagspause					Langhantel Training 13:00 - 14:00	
14:00							
15:00					Reha-Sport 15:00 - 15:55		
16:00			Reha-Sport 15:45 - 16:40		Reha-Sport 16:00 - 16:55		
17:00	Reha-Sport 17:00 - 17:55	CrossX 17:20 - 18:20	Reha-Sport 17:00 - 17:55	Hula Hoop 17:20 - 18:20	Step & Tone 17:00 - 17:55		
18:00	Step Aerobic 18:00 - 18:55	Hula Hoop 18:20 - 19:20	Rücken-Fit 18:00 - 18:45	Reha Sport 18:30 - 19:25	Pilates 18:00 - 18:55		
19:00	Indoor Cycling 19:00 - 20:00	Indoor Cycling 19:30 - 20:30	Yoga f. d. Rücken (Fitness-Yoga) 19:00 - 20:30	Power-Yoga 19:30 - 20:45	Reha-Sport 19:00 - 19:55		
20:00		Qi Gong (+Tai Chi) 18:45 - 19:45 (18:45 - 20:30)	Yoga für Anfänger 20:40 - 21.40				
21:00							

Arrangements:

Fit-pur	Fit-maXX	Extra Kurse
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