

Zeiten	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag		
Räume	Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3	Raum 1	Raum 2	Raum 3	Raum 1		
08:00	Rehasport Ellen 08:00-08:45			Rehasport Ellen 08:00-08:45		Yoga Kristine 08:30-10:00	Rehasport Ellen 08:00-08:45											
09:00	RückenFit Ellen 09:00-09:45		QiGong Sylvia 9:00-09:45	RückenFit Ellen 09:15-10:00		Yoga Kristine 08:30-10:00	RückenFit Ellen 09:00-09:45			ZUMBA Gold Souad 09:30-10:15		Pilates Birgit 09:15-10:00				JumpFit Franzi 10:00-10:45		
09:30																		
10:00	RückenFit Ellen 10:00-10:45			Body in Balance Ellen 10:15-11:30	Fit am Morgen Astrid 10:15-11:00	Rehasport Elke 10:15-11:00	Yoga Ellen 10:00-11:00			Progressive Muskelentsp. Petra 10:30-11:15	Rehasport Elke 10:15-11:00	Pilates Birgit 10:15-11:00		Rehasport Astrid 10:15-11:00		Yoga Franzi 11:00-12:00		
10:30																		
11:00	Rehasport Ellen 11:00-11:45		Rehasport Anja 11:30-12:15	Rehasport Margitta 11:15-12:00	Rehasport Margitta 11:15-12:00	Progressive Muskelentsp. Petra 11:30-12:30	Rehasport Ellen 11:15-12:00			Rücken-Gym. Petra 11:30-12:15	Rehasport Souad 11:15-12:00	Entspannung n. Jacobsen Elke 11:15-11:45	Rehasport Astrid 11:15-12:00					
11:30																		
12:00	Rehasport Ellen 12:45-13:30		Rehasport Anja 12:30-13:15				Rehasport Ellen 12:15-13:00											
	Montag			Dienstag			Mittwoch											
13:30																	Sonntag	
14:00		Rehasport Souad 14:00-14:45		Sportwelt-Kurse VOR ORT Tel.: 02065 – 68 78 400 - Gartenstr.9 - 47226 Duisburg														
14:30																		
15:00																		JumpFit Lucia 10:30-12:00
15:30																		
16:00				ZUMBA kids ab 9 J./ Kati 16:00-16:45		Rehasport Ellen 16:00-16:45												
16:30	Hip Hop kids ab 6J./ Kati 16:30-17:15																	
17:00																		
17:30	ZUMBA Souad 17:30-18:15	Jumping kids ab 6J Lucia 17:30-18:15		JumpFit Lucia 17:00-17:45	Hula Hoop Kati 17:00-17:45	YOGA Ellen 17:00-18:00	ZUMBA Justyna 17:00-17:45	Rehasport Anja 17:00-17:45	Rehasport Margitta 17:15-18:00	WS-Gym Astrid 17:00-17:45	WS-Gym Anja 17:00-17:45	Rehasport Bärbel 17:00-17:45	ZUMBA Justyna 17:00-17:45	Jumping kids ab 6J. Kati 17:00-17:45				
18:00					Rehasport Margitta 18:00-18:45	B.O.P Lucia 18:00-18:45	BodyPower Astrid 18:00-18:45	Rehasport Ellen 18:15-19:00	ZUMBA Gold Souad 18:00-18:45	Feldenkrais Anja 18:00-18:45	Shaolin Kempo	BodyPower Astrid 18:00-18:45	ZUMBA kids ab 6 J./ Kati 18:00-18:45	Rehasport Bärbel 18:00-18:45	Rücken 3D & Faszien Fit Sylvia 18:00 – 18:45	Shaolin Kempo	Yoga Kristine 17:45-18:45	
18:30	JumpFit Ines 18:30-19:15	Rehasport Barbara 18:30-19:15		Step-Workout Margitta 19:15-20:00														
19:00																		
19:30	Pound Sabine 19:30-20:15	Yoga Melissa 19:30-21:00	Pilates Birgit 19:00-19:45	WS-Gym Astrid 19:00-19:45	WS-Gym Anja 19:15-20:00	Qi Gong Richard 19:00-20:00	Rehasport Ellen 19:15-20:00	JumpFit Ines 19:00-19:45	WS-Gym Anja 19:00-19:45	Pilates Birgit 19:00-19:45	WS-Gym Astrid 19:00-19:45	Fit-Mix Saskia 19:00-20:30	Rehasport Bärbel 19:00-19:45	JumpFit Kati 19:00-20:00				Yoga Kristine 19:00-20:00
20:00					Pilates Birgit 20:00-20:45	WS-Gym Astrid 20:00-20:45			Functional Fitness Lars 20:00-20:45			Pilates Birgit 20:00-20:45	WS-Gym Margitta 19:30-20:30		Functional Fitness Nico 20:00-20:45			
20:30																		

Sportwelt-Kursplan
www.sportwelt-rheinhausen.de
ab 01.08.2021

GRÜN = nur Präsent im Raum, (mit Test)
GELB = nur Outdoor, ohne Test
BLAU = präsent (mit Test) und online
 Testpflicht, je nach Inzidenzwert