

Zeiten	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag	Sonntag			
	Räume	Tanz	Fitness	Entsp.	Tanz	Fitness	Entsp.	Tanz	Fitness	Entsp.	Tanz	Fitness	Entsp.	Tanz	Fitness			Entsp.		
09:00			RückenFit Inge	Qi Gong Birgit M.	Musik- zwerge ab 1½ J. Eva	RückenFit Inge	Yoga Kristine				ZUMBA Gold Essadya	Nordic Fitness Anika	Pilates Birgit C.		Nordic Walking Astrid					
09:30			9:00- 10:00	09:00- 10:00	9:00-10:00	8:30-10:00					9:00- 10:00	09:00- 10:30	9:15- 10:15		9-10 Uhr		Body Workout Nelli			
10:00			RückenFit Inge		Mama Fit Eva	Fit am Morgen Astrid	Rehasport Elke				Just Dance Franzi	Rehasport Elke	Pilates Birgit C.			Reha- sport Astrid	09:30-10:30 14-tägig	JumpFit Franzi		
10:30			10:15- 11:00		10:00- 11:00	10:15-11:15	10:00- 11:00				10:00- 11:00	10:00- 11:00	10:15- 11:15			10:15- 11:15		11:30- 12:30		
11:00												Rehasport Elke	Rehasport Essadya			Reha- sport Astrid		Nordic Fitness Nicole		
11:30												11:00- 12:00	11:15- 12:15			11:15- 12:15		11:00- 12:30		
12:00	<h1>Sportwelt-Kursplan</h1> <p>www.sportwelt-rheinhausen.de</p>						<h1>Sportwelt-Kursplan</h1> <p>Tel.: 02065 – 68 78 400 - Gartenstr.9 - 47226 Duisburg</p>													Ab März
12:30																				
13:00																		12:30-13:30		
13:30									RehaSport Sigi									Body Workout Franzi		
14:00				Rehasport Essadya				13:30- 14:30										13:30-14:30		
14:30				14:00- 15:00				RehaSport Sigi										Lady Styling Ivana		
15:00								14:30- 15:30			Kreativer Kindertanz Franzi							14-15 h		
15:30								RehaSport Sigi			15:00- 16:00							Ab März		
16:00					Rehasport Demenz Veronica	Yoga für Schwangere Kristine		15:30- 16:30			Street- jazz 5-8 J. Franzi				Reha- sport 16:00- 17:00			Salsa Paartanz Ivana		
16:30	Hip Hop 8-11 J. Alex				16-17 Uhr	16:00 – 17:30					16:00-17:00							15:00 – 16:30 Uhr		
17:00	16:30-17:30										WS- GYM Astrid	Pilates Franzi	Rehasport Birgit H.		Reha- sport 17:00- 18:00	Yoga Kristine		Ab März		
17:30		Hip Hop ab 12 J. Alex	Pilates Birgit C.	Latino Kids ab 10 J. Bianca	WS- GYM Nelli		Streetjazz Svenja		Reha- sport Anja	WS- GYM Astrid	17:00- 18:00	17 – 18 h	17:00- 18:00							
18:00	ZUMBA Essadya				Body Power Astrid	Samba Fusion Bianca	Bauch Xpress Nelli	JumpFit Janina	ZUMBA Gold Essadya	Felden- krais Anja	Body Power Astrid	ZUMBA Kids Janina	Rehasport Birgit H.							
18:30	18:00- 19:00	Hip Hop ab 17 J. Alex			18:00- 19:00	18:00- 19:00	18:00- 18:30	18:00- 19:00	18:00- 19:00	18:00- 19:00	18:00- 19:00	18:00- 19:00	18:00- 19:00							
19:00			Pilates Birgit C.	WS-GYM Astrid	Rehasport Birgit H.	Qi Gong Birgit M.	JumpFit Janina	WS- GYM Anja	Pilates Birgit C.	ZUMBA Janina	WS-GYM Astrid	WS-GYM Astrid	Rehasport Birgit H.							
19:30	Pound Workout Jenny		18:45- 19:45	19:00- 20:00	19:00- 20:00	19:00- 20:00	19:00- 20:00	19:00- 20:00	19:00- 20:00	19:00- 20:00	19:00- 20:00	19:00- 20:00	19:00- 20:00							
20:00	19:30- 20:15		Pilates Birgit C.	ZUMBA Step Jenny	Functional Fitness Kai		JumpFit Janina		Pilates Birgit C.	Mini Trampolin Astrid	Standard – Tanz Astrid	Functional Fitness Kai			Faszien- training 20:00- 21:00					
20:30			19:45- 20:45	20:00-21:00	20:00-21:00		20:00- 21:00		20:00- 21:00	20:00- 21:00	20:00 - 21:30	20:00-21:00			14-tätig					