



Sommer-Kursplan

30.07. bis 12.08.2018

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Mo 30.07.2018	Di 31.07.2018	Mi 01.08.2018	Do 02.08.2018	Fr 03.08.2018	Sa 04.08.2018	So 05.08.2018
9.15-10.15 (K) Indoor Cycling Volker	9.15-10.10 (K) BBP & Core Training Steffen K.	9.15-10.10 (K) Body Workout Sabine	9.15-10.10 (K) Gesunder Rücken Steffen K.	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba® Andrea	10.00-10.55 (K) Intervall mit Step Steffi
18.00-18.55 (K) Functional Training Philipp	19.00-19.55 (S) Step Aerobic Steffi	10.15-11.10 (K) Stretch & Relax Sabine		10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Bewegter Rücken Steffi
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	17.45-18.45 (K) Yoga Alexandra		17.00-17.55 (K) Zumba Mervet		
19.00-20.00 (S) Aroha Steffi	19.00-19.55 (K) Bewegter Rücken Sabine	20.05-21.00 (K) Aerobic & BBP Michi	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Mervet		
	20.00-21.15 (K) Pilates & Relax Elena		20.00-21.15 (K) Pilates & Relax Elena	18.35-19.30 (K) Relax & Flex Mervet		

(K) = Kursraum (S) = Sporthalle

Mo 06.08.2018	Di 07.08.2018	Mi 08.08.2018	Do 09.08.2018	Fr 10.08.2018	Sa 11.08.2018	So 12.08.2018
9.15-10.15 (K) Fit Mix SQ-Team	9.15-10.10 (K) BBP & Core Training entfällt	9.15-10.10 (K) Body Workout Sabine	9.15-10.10 (K) Gesunder Rücken Sonja	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba Andrea	10.00-10.55 (K) Fit Mix Sonja
18.00-18.55 (K) Functional Training Philipp	19.00-19.55 (S) Step Aerobic Steffi	10.15-11.10 (K) Stretch & Relax Agathe		10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Happy Sunday Sonja
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	17.45-18.45 (K) Yoga Alexandra		17.00-17.55 (K) Zumba Lara		
19.00-20.00 (S) Aroha Steffi	19.00-19.55 (K) Bewegter Rücken Sabine	20.05-21.00 (K) Aerobic & BBP Michi	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Claudia S.		
	20.00-21.00 (K) Pilates Sonja		20.00-21.00 (K) Pilates Sonja	18.35-19.30 (K) Relax & Flex Claudia S.		

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Mo 13.08.2018	Di 14.08.2018	Mi 15.08.2018	Do 16.08.2018	Fr 17.08.2018	Sa 18.08.2018	So 19.08.2018
9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training entfällt	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken Sonja	9.15-10.10 (K) Bewegter Rücken Volker	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Aerobic Mix Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra				11.00-11.30 (K) Body Power & Yoga Steffi
18.00-18.55 (K) Functional Training Philipp		17.45-18.45 (K) Yoga Alexandra	19.00-19.55 (K) Fit Mix Sabine	17.00-17.55 (K) Zumba Mervet		
	19.00-19.40 (K) Faszien Training Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	20.00-21.00 (K) Pilates Sonja	18.00-18.30 (K) Bauch Intensiv Mervet		
	19.45-20.40 (K) Body Power Mervet	20.05-21.00 (K) Aerobic & BBP Michi	20.10-21.10 (K) Indoor Cycling Volker	18.35-19.30 (K) Relax & Flex Mervet		

(K) = Kursraum (S) = Sporthalle

Mo 20.08.2018	Di 21.08.2018	Mi 22.08.2018	Do 23.08.2018	Fr 24.08.2018	Sa 25.08.2018	So 26.08.2018
9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training Volker	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken SQ-Team	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Intervall mit Pfiff Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra	9.30-10.45 Nordic Walking Claudi	10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Fit & Relax Steffi
18.00-18.55 (K) Functional Training Claudi	19.00-19.55 (S) Step Aerobic Steffi	11.15-12.10 Konditions-training Claudi		17.00-17.55 (K) Zumba Mervet		
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	17.45-18.45 (K) Yoga Alexandra	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Mervet		
	19.45-20.40 (K) Body Power Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	20.00-21.15 (K) Pilates & Relax Elena	18.35-19.30 (K) Relax & Flex Mervet		
		20.05-21.00 (K) Aerobic & BBP Michi				

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Mo 27.08.2018	Di 28.08.2018	Mi 29.08.2018	Do 30.08.2018	Fr 31.08.2018	Sa 01.09.2018	So 02.09.2018
9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training Volker	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken SQ-Team	9.15-10.10 (K) Bewegter Rücken Steffen K.	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Intervall mit Step Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra				11.00-11.30 (K) Bewegter Rücken Steffi
18.00-18.55 (K) Functional Training Claudi	19.00-19.55 (S) Step Aerobic Steffi	11.15-12.10 (S) Konditions-Training Claudi	19.00-19.55 (K) Fit Mix Sabine	17.00-17.55 (K) Zumba Mervet		
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	20.00-21.15 (S) Pilates & Relax Elena	18.00-18.30 (K) Bauch Intensiv Mervet		
	19.45-20.40 (K) Body Power Mervet	20.05-21.00 (K) Aerobic & BBP Michi	20.10-21.10 (K) Indoor Cycling Volker	18.35-19.30 (K) Relax & Flex Mervet		

(K) = Kursraum (S) = Sporthalle

Mo 03.09.2018	Di 04.09.2018	Mi 05.09.2018	Do 06.09.2018	Fr 07.09.2018	Sa 08.09.2018	So 09.09.2018
9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training Ursula	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken SQ-Team	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Aerobic Mix Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra	9.30-10.45 Nordic Walking Claudi	10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Body Power & Yoga Steffi
18.00-18.55 (K) Functional Training Claudi	19.00-19.55 (S) Step Aerobic Steffi	11.15-12.10 Konditions-training Claudi	17.45-18.45 (K) Yoga Alexandra	17.00-17.55 (K) Zumba Lara		
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Lara		
	19.45-20.40 (K) Body Power Mervet	20.05-21.00 (K) Aerobic & BBP Steffi	20.10-21.10 (K) Indoor Cycling Volker	18.35-19.30 (K) Relax & Flex Lara		



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9.15-10.15 (K) Indoor Cycling Volker	9.15-10.10 (K) BBP & Core Training Steffen K.	9.15-10.10 (K) Body Workout Sabine	9.15-10.10 (K) Gesunder Rücken Steffen K.	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba® Andrea	10.00-10.55 (K) Intervall mit Step Steffi
18.00-18.55 (K) Functional Training Philipp	19.00-19.55 (S) Step Aerobic Steffi	10.15-11.10 (K) Stretch & Relax Sabine		10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Bewegter Rücken Steffi
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	17.45-18.45 (K) Yoga Alexandra		17.00-17.55 (K) Zumba Mervet		
19.00-20.00 (S) Aroha Steffi	19.00-19.55 (K) Bewegter Rücken Sabine	20.05-21.00 (K) Aerobic & BBP Michi	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Mervet		
	20.00-21.15 (K) Pilates & Relax Elena		20.00-21.15 (K) Pilates & Relax Elena	18.35-19.30 (K) Relax & Flex Mervet		

(K) = Kursraum (S) = Sporthalle

Mo 06.08.2018	Di 07.08.2018	Mi 08.08.2018	Do 09.08.2018	Fr 10.08.2018	Sa 11.08.2018	So 12.08.2018
9.15-10.15 (K) Fit Mix SQ-Team	9.15-10.10 (K) BBP & Core Training entfällt	9.15-10.10 (K) Body Workout Sabine	9.15-10.10 (K) Gesunder Rücken Sonja	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba Andrea	10.00-10.55 (K) Fit Mix Sonja
18.00-18.55 (K) Functional Training Philipp	19.00-19.55 (S) Step Aerobic Steffi	10.15-11.10 (K) Stretch & Relax Agathe		10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Happy Sunday Sonja
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	17.45-18.45 (K) Yoga Alexandra		17.00-17.55 (K) Zumba Lara		
19.00-20.00 (S) Aroha Steffi	19.00-19.55 (K) Bewegter Rücken Sabine	20.05-21.00 (K) Aerobic & BBP Michi	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Claudia S.		
	20.00-21.00 (K) Pilates Sonja		20.00-21.00 (K) Pilates Sonja	18.35-19.30 (K) Relax & Flex Claudia S.		

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9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training entfällt	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken Sonja	9.15-10.10 (K) Bewegter Rücken Volker	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Aerobic Mix Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra				11.00-11.30 (K) Body Power & Yoga Steffi
18.00-18.55 (K) Functional Training Philipp		17.45-18.45 (K) Yoga Alexandra	19.00-19.55 (K) Fit Mix Sabine	17.00-17.55 (K) Zumba Mervet		
	19.00-19.40 (K) Faszien Training Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	20.00-21.00 (K) Pilates Sonja	18.00-18.30 (K) Bauch Intensiv Mervet		
	19.45-20.40 (K) Body Power Mervet	20.05-21.00 (K) Aerobic & BBP Michi	20.10-21.10 (K) Indoor Cycling Volker	18.35-19.30 (K) Relax & Flex Mervet		

(K) = Kursraum (S) = Sporthalle

Mo 20.08.2018	Di 21.08.2018	Mi 22.08.2018	Do 23.08.2018	Fr 24.08.2018	Sa 25.08.2018	So 26.08.2018
9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training Volker	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken SQ-Team	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Intervall mit Pfiff Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra	9.30-10.45 Nordic Walking Claudi	10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Fit & Relax Steffi
18.00-18.55 (K) Functional Training Claudi	19.00-19.55 (S) Step Aerobic Steffi	11.15-12.10 Konditions-training Claudi		17.00-17.55 (K) Zumba Mervet		
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	17.45-18.45 (K) Yoga Alexandra	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Mervet		
	19.45-20.40 (K) Body Power Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	20.00-21.15 (K) Pilates & Relax Elena	18.35-19.30 (K) Relax & Flex Mervet		
		20.05-21.00 (K) Aerobic & BBP Michi				

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Mo 27.08.2018	Di 28.08.2018	Mi 29.08.2018	Do 30.08.2018	Fr 31.08.2018	Sa 01.09.2018	So 02.09.2018
9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training Volker	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken SQ-Team	9.15-10.10 (K) Bewegter Rücken Steffen K.	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Intervall mit Step Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra				11.00-11.30 (K) Bewegter Rücken Steffi
18.00-18.55 (K) Functional Training Claudi	19.00-19.55 (S) Step Aerobic Steffi	11.15-12.10 (S) Konditions-Training Claudi	19.00-19.55 (K) Fit Mix Sabine	17.00-17.55 (K) Zumba Mervet		
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	20.00-21.15 (S) Pilates & Relax Elena	18.00-18.30 (K) Bauch Intensiv Mervet		
	19.45-20.40 (K) Body Power Mervet	20.05-21.00 (K) Aerobic & BBP Michi	20.10-21.10 (K) Indoor Cycling Volker	18.35-19.30 (K) Relax & Flex Mervet		

(K) = Kursraum (S) = Sporthalle

Mo 03.09.2018	Di 04.09.2018	Mi 05.09.2018	Do 06.09.2018	Fr 07.09.2018	Sa 08.09.2018	So 09.09.2018
9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training Ursula	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken SQ-Team	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Aerobic Mix Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra	9.30-10.45 Nordic Walking Claudi	10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Body Power & Yoga Steffi
18.00-18.55 (K) Functional Training Claudi	19.00-19.55 (S) Step Aerobic Steffi	11.15-12.10 Konditions-training Claudi	17.45-18.45 (K) Yoga Alexandra	17.00-17.55 (K) Zumba Lara		
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Lara		
	19.45-20.40 (K) Body Power Mervet	20.05-21.00 (K) Aerobic & BBP Steffi	20.10-21.10 (K) Indoor Cycling Volker	18.35-19.30 (K) Relax & Flex Lara		



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Mo 30.07.2018	Di 31.07.2018	Mi 01.08.2018	Do 02.08.2018	Fr 03.08.2018	Sa 04.08.2018	So 05.08.2018
9.15-10.15 (K) Indoor Cycling Volker	9.15-10.10 (K) BBP & Core Training Steffen K.	9.15-10.10 (K) Body Workout Sabine	9.15-10.10 (K) Gesunder Rücken Steffen K.	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba® Andrea	10.00-10.55 (K) Intervall mit Step Steffi
18.00-18.55 (K) Functional Training Philipp	19.00-19.55 (S) Step Aerobic Steffi	10.15-11.10 (K) Stretch & Relax Sabine		10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Bewegter Rücken Steffi
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	17.45-18.45 (K) Yoga Alexandra		17.00-17.55 (K) Zumba Mervet		
19.00-20.00 (S) Aroha Steffi	19.00-19.55 (K) Bewegter Rücken Sabine	20.05-21.00 (K) Aerobic & BBP Michi	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Mervet		
	20.00-21.15 (K) Pilates & Relax Elena		20.00-21.15 (K) Pilates & Relax Elena	18.35-19.30 (K) Relax & Flex Mervet		

(K) = Kursraum (S) = Sporthalle

Mo 06.08.2018	Di 07.08.2018	Mi 08.08.2018	Do 09.08.2018	Fr 10.08.2018	Sa 11.08.2018	So 12.08.2018
9.15-10.15 (K) Fit Mix SQ-Team	9.15-10.10 (K) BBP & Core Training entfällt	9.15-10.10 (K) Body Workout Sabine	9.15-10.10 (K) Gesunder Rücken Sonja	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba Andrea	10.00-10.55 (K) Fit Mix Sonja
18.00-18.55 (K) Functional Training Philipp	19.00-19.55 (S) Step Aerobic Steffi	10.15-11.10 (K) Stretch & Relax Agathe		10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Happy Sunday Sonja
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	17.45-18.45 (K) Yoga Alexandra		17.00-17.55 (K) Zumba Lara		
19.00-20.00 (S) Aroha Steffi	19.00-19.55 (K) Bewegter Rücken Sabine	20.05-21.00 (K) Aerobic & BBP Michi	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Claudia S.		
	20.00-21.00 (K) Pilates Sonja		20.00-21.00 (K) Pilates Sonja	18.35-19.30 (K) Relax & Flex Claudia S.		

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9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training entfällt	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken Sonja	9.15-10.10 (K) Bewegter Rücken Volker	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Aerobic Mix Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra				11.00-11.30 (K) Body Power & Yoga Steffi
18.00-18.55 (K) Functional Training Philipp		17.45-18.45 (K) Yoga Alexandra	19.00-19.55 (K) Fit Mix Sabine	17.00-17.55 (K) Zumba Mervet		
	19.00-19.40 (K) Faszien Training Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	20.00-21.00 (K) Pilates Sonja	18.00-18.30 (K) Bauch Intensiv Mervet		
	19.45-20.40 (K) Body Power Mervet	20.05-21.00 (K) Aerobic & BBP Michi	20.10-21.10 (K) Indoor Cycling Volker	18.35-19.30 (K) Relax & Flex Mervet		

(K) = Kursraum (S) = Sporthalle

Mo 20.08.2018	Di 21.08.2018	Mi 22.08.2018	Do 23.08.2018	Fr 24.08.2018	Sa 25.08.2018	So 26.08.2018
9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training Volker	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken SQ-Team	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Intervall mit Pfiff Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra	9.30-10.45 Nordic Walking Claudi	10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Fit & Relax Steffi
18.00-18.55 (K) Functional Training Claudi	19.00-19.55 (S) Step Aerobic Steffi	11.15-12.10 Konditions-training Claudi		17.00-17.55 (K) Zumba Mervet		
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	17.45-18.45 (K) Yoga Alexandra	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Mervet		
	19.45-20.40 (K) Body Power Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	20.00-21.15 (K) Pilates & Relax Elena	18.35-19.30 (K) Relax & Flex Mervet		
		20.05-21.00 (K) Aerobic & BBP Michi				

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GEMEINSAM BEWEGEN

Sommer-Kursplan

27.08. bis 09.09.2018



SPORT
QUADRAT

Mo 27.08.2018	Di 28.08.2018	Mi 29.08.2018	Do 30.08.2018	Fr 31.08.2018	Sa 01.09.2018	So 02.09.2018
9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training Volker	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken SQ-Team	9.15-10.10 (K) Bewegter Rücken Steffen K.	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Intervall mit Step Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra				11.00-11.30 (K) Bewegter Rücken Steffi
18.00-18.55 (K) Functional Training Claudi	19.00-19.55 (S) Step Aerobic Steffi	11.15-12.10 (S) Konditions-Training Claudi	19.00-19.55 (K) Fit Mix Sabine	17.00-17.55 (K) Zumba Mervet		
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	20.00-21.15 (S) Pilates & Relax Elena	18.00-18.30 (K) Bauch Intensiv Mervet		
	19.45-20.40 (K) Body Power Mervet	20.05-21.00 (K) Aerobic & BBP Michi	20.10-21.10 (K) Indoor Cycling Volker	18.35-19.30 (K) Relax & Flex Mervet		

(K) = Kursraum (S) = Sporthalle

Mo 03.09.2018	Di 04.09.2018	Mi 05.09.2018	Do 06.09.2018	Fr 07.09.2018	Sa 08.09.2018	So 09.09.2018
9.15-10.15 (K) Indoor Cycling Petra	9.15-10.10 (K) BBP & Core Training Ursula	9.15-10.10 (K) Body Workout Petra	9.15-10.10 (K) Gesunder Rücken SQ-Team	9.15-10.10 (K) Bewegter Rücken Alex	10.15-11.10 (K) Zumba Petra	10.00-10.55 (K) Aerobic Mix Steffi
10.25-11.20 (K) Yoga Petra		10.15-11.10 (K) Faszien Training Petra	9.30-10.45 Nordic Walking Claudi	10.15-11.15 (K) Yoga Alex		11.00-11.30 (K) Body Power & Yoga Steffi
18.00-18.55 (K) Functional Training Claudi	19.00-19.55 (S) Step Aerobic Steffi	11.15-12.10 Konditions-training Claudi	17.45-18.45 (K) Yoga Alexandra	17.00-17.55 (K) Zumba Lara		
19.00-20.15 (K) Indoor Cycling Steffen P.	19.00-19.40 (K) Faszien Training Mervet	19.00-19.55 (K) Bewegter Rücken Sabine	19.00-19.55 (K) Fit Mix Sabine	18.00-18.30 (K) Bauch Intensiv Lara		
	19.45-20.40 (K) Body Power Mervet	20.05-21.00 (K) Aerobic & BBP Steffi	20.10-21.10 (K) Indoor Cycling Volker	18.35-19.30 (K) Relax & Flex Lara		