

Kursplan

10.12.2018 - 16.12.2018

Gesundheitszentrum Germering
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Montag 10.12.2018	Dienstag 11.12.2018	Mittwoch 12.12.2018	Donnerstag 13.12.2018	Freitag 14.12.2018	Samstag 15.12.2018	Sonntag 16.12.2018
<div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">09:15 - 10:15 Langhantel Muskeltr...</div> <div style="background-color: #e69d00; color: white; padding: 5px; margin-bottom: 5px;">10:20 - 11:20 Flexi Bar & WSG</div> <div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">18:45 - 19:45 Functional Workout ...</div> <div style="background-color: #e61e00; color: white; padding: 5px;">19:55 - 20:55 Spinning</div>	<div style="background-color: #e69d00; color: white; padding: 5px; margin-bottom: 5px;">09:30 - 10:15 Rücken & Stretching...</div> <div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">10:20 - 11:05 Muskeltraining</div> <div style="background-color: #e69d00; color: white; padding: 5px;">18:15 - 19:45 Yoga</div>	<div style="background-color: #e69d00; color: white; padding: 5px; margin-bottom: 5px;">10:00 - 10:45 Pilates</div> <div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">10:50 - 11:50 WSG & Entspannung</div> <div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">18:30 - 19:15 Body Workout</div> <div style="background-color: #e69d00; color: white; padding: 5px;">19:15 - 20:00 Rücken & Stretching...</div>	<div style="background-color: #e69d00; color: white; padding: 5px; margin-bottom: 5px;">10:00 - 11:30 Qi Gong Neusta...</div> <div style="background-color: #e61e00; color: white; padding: 5px; margin-bottom: 5px;">18:45 - 19:45 Zumba</div> <div style="background-color: #e61e00; color: white; padding: 5px;">19:15 - 20:15 Spinning Neustart: ...</div>	<div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">09:15 - 10:00 Faszien- & Stabilis...</div> <div style="background-color: #e61e00; color: white; padding: 5px; margin-bottom: 5px;">10:05 - 10:50 AROHA & Fit in den ...</div> <div style="background-color: #e69d00; color: white; padding: 5px;">10:55 - 11:55 Pilates</div>		<div style="background-color: #0056b3; color: white; padding: 5px; margin-bottom: 5px;">09:45 - 10:30 Muskeltraining</div> <div style="background-color: #0056b3; color: white; padding: 5px;">10:35 - 11:35 Rücken & Stretching...</div>

■ Ausdauer & Musk...
 ■ Balance & Wohlbe...
 ■ Kräftigung & Koo...

Stand: 12.12.2018