

# Sportangebot - Wochenübersicht / Sports Offer - Weekly Overview

gültig ab 28. August 2017 / valid after August 28, 2017



| Zeit/<br>time | Montag/Monday    |                  | Dienstag/Tuesday |                  | Mittwoch/Wednesday |                  | Donnerstag/Thursday |                  | Freitag/Friday   |                  | Zeit/time |
|---------------|------------------|------------------|------------------|------------------|--------------------|------------------|---------------------|------------------|------------------|------------------|-----------|
|               | Haus/House<br>55 | Haus/House<br>79 | Haus/House<br>55 | Haus/House<br>79 | Haus/House<br>55   | Haus/House<br>79 | Haus/House<br>55    | Haus/House<br>79 | Haus/House<br>55 | Haus/House<br>79 |           |
| 07.30         |                  |                  |                  |                  |                    |                  |                     |                  | Yoga°            |                  | 07.30     |
| 08.00         | RF°              |                  |                  |                  |                    |                  |                     |                  | OK               |                  | 08.00     |
| 08.30         | OK/PK            |                  |                  |                  |                    |                  |                     |                  |                  |                  | 08.30     |
| 09.00         | WSG°             |                  |                  |                  | RehaSport          |                  |                     |                  |                  |                  | 09.00     |
| 09.30         | OK               | FG               |                  | FG               | 09.00-10.00        | FG               |                     | FG               |                  | FG               | 09.30     |
| 10.00         |                  |                  |                  |                  | RehaSport          |                  |                     |                  |                  | SP               | 10.00     |
| 10.30         |                  |                  |                  |                  | 10.15-11.15        |                  |                     |                  |                  | SP               | 10.30     |
| 11.00         |                  |                  |                  |                  |                    |                  |                     |                  |                  | SP               | 11.00     |
| 11.30         |                  |                  |                  |                  |                    |                  |                     |                  |                  | SP               | 11.30     |
| 12.00         |                  | CC° OK           |                  | CC° OK           |                    | SP               |                     | SP               |                  | CC° OK           | 12.00     |
| 12.30         |                  | GMX° OK          |                  | SP               |                    | SP               |                     | GMX° OK          |                  | EE               | 12.30     |
| 13.00         |                  |                  |                  | SP               |                    | SP               |                     | SP               |                  | EE               | 13.00     |
| 13.30         |                  |                  |                  | SP               |                    | SP               |                     | SP               |                  |                  | 13.30     |
| 14.00         |                  |                  |                  |                  |                    |                  |                     |                  |                  |                  | 14.00     |
| 14.30         |                  | FG               |                  | FG               |                    | FG               | RF° OK/PK           | FG               |                  | FG               | 14.30     |
| 15.00         |                  |                  |                  |                  |                    |                  | 14.15-15.15         |                  |                  |                  | 15.00     |
| 15.30         | RehaSport        |                  |                  |                  |                    |                  |                     | EE               |                  |                  | 15.30     |
| 16.00         | 15.45-16.45      |                  |                  |                  |                    |                  |                     | EE               |                  |                  | 16.00     |
| 16.30         |                  | EE               | RehaSport        |                  |                    | EE               |                     |                  |                  |                  | 16.30     |
| 17.00         | Pilates°         | EE               | 16.30-17.30      |                  | Yoga°              | EE               |                     | BootCamp         |                  |                  | 17.00     |
| 17.30         | OK/PK            | CC° OK           | RehaSport        |                  | OK                 | CC° OK           | RehaSport           |                  |                  |                  | 17.30     |
| 18.00         | RehaSport        | CC° OK           | 17.45-18.45      |                  |                    | CC° OK           | 17.40-18.40         | CC° OK           |                  |                  | 18.00     |
| 18.30         | 18.15-19.15      |                  |                  |                  |                    |                  |                     |                  |                  |                  | 18.30     |
| 19.00         |                  | FG               |                  |                  |                    | FG               |                     | FG               |                  |                  | 19.00     |
| 19.30         |                  |                  |                  |                  |                    |                  |                     |                  |                  |                  | 19.30     |

- CC** CrossCircuit
- EE** Ersteinweisung  
initial briefing
- GMX** GesundeMitteXpress  
HealthyCoreXpress
- RF** RückenFit/Back Exercises
- WSG** Wirbelsäulengymnastik  
Spinal Exercises
- FG** Freies Gerätetraining  
Open Gym
- OK** Offener Kurs / Open Class
- PK** Präventionskurs  
Prevention Class
- SP** Sprechzeit  
Consulting Hours

Wir organisieren für Sie Präventionskurse in den Bereichen Body Special, Yoga, RückenFit, Theraband Workout, TK-Rücken plus und TK-Fitness special mit einem Krankenkassenzuschuss von bis zu 80%, wenn Sie sich mit einer geschlossenen Gruppe von mindestens 6 Personen bei uns melden.

We will arrange for you prevention classes of Body Special, Yoga, RückenFit (back/spinal exercises), Theraband Workout, TK-Rücken plus and TK-Fitness special with a partial payment up to 80% by the health insurance, if you contact us with a closed group of at least 6 people.

° Kurs ist mit dem GesundheitsTicket abrechenbar./Class is billable with the GesundheitsTicket.

## Sprechzeiten Rezeption Haus 79, EG

Di, Mi, Do: 12.00-14.00 Uhr Fr.: 10.00-12.00 Uhr

## Consulting Hours Reception House 79, Ground Floor

Tue, Wed, Thu: 12 am - 14 pm Fri: 10 am - 12 am

## Anmeldung zu den Kursen bitte über unsere Website!

For registration please use our website!

☎ 030 - 94 89 33 45

✉ an@campusvital.de

🌐 www.campusvital.de

📍 Robert-Rössle-Str.10, Haus D79, 13125 Berlin-Buch