

Sportangebot Wochenübersicht / Sports Offer - Weekly Overview  
 Lockdown light Oktober 2021

MONTAG Monday	DIENSTAG Tuesday	MITTWOCH Wednesday	DONNERSTAG Thursday	FREITAG Friday
		7:00 - 7:30 RückenfitXpress (online)		
	7:45 - 8:45 Yoga für die Faszien (indoor)			
			9:00 - 9:30 RückenfitXpress (online)	
12:30 - 13:00 Beckenbodentraining (online)		12:30 - 13:00 Beckenbodentraining (online)	12:30 - 13:00 GesundeMitteXpress (indoor)	12:30 - 13:30 Ping Pong Pause / Tischtennis (outdoor)
	13:00 - 13:30 Fußgymnastik (outdoor)		13:15 - 13:45 Circuit Training (indoor)	
			15:30 - 16:00 Fußgymnastik (online)	17:00 - 18:00 Pilates (online)
18:30 - 19:30 Ganzkörper- training (online)	18:00 - 19:00 Rückenfit (online)		18:30 - 19:30 Ganzkörper- training (online)	
19:15 - 20:15 Yoga am Abend (online)	19:15 - 19:45 Meditation english (online)	19:00 - 20:00 Pilates (online)	19:15 - 19:45 Meditation english (online)	



Anmeldung zu den Kursen nur online  
 und für CampusVitalCard-Inhaber

Online registration for the courses  
 required and for CampusVitalCard  
 owners only.