


Kursplan

10.05.2021 - 16.05.2021

SCS Sportcenter Suhl
Schneekopfstraße 78
98528 Suhl
03681 49980
sportcenter-suhl@gmx.de



| Montag 10.05.2021 | Dienstag 11.05.2021 | Mittwoch 12.05.2021 | Donnerstag 13.05.2021 | Freitag 14.05.2021 | Samstag 15.05.2021 | Sonntag 16.05.2021 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--|--------------------------|
| 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness |
| 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness |
| 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness |
| 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness |
| 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness |
| 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness |
| 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness |
| 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness |
| 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 07:00 - 08:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness |
| 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 07:00 - 08:00 Fitness | 08:00 - 09:00 Fitness | 07:00 - 08:00 Fitness | 09:00 - 10:00 Fitness | 10:00 - 11:00 Fitness |
| 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 09:00 - 10:00 Fitness | 10:00 - 11:00 Fitness |
| 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 09:30 - 10:20 Jumping Nancy  | 10:00 - 11:00 Fitness |

-  Ausdauer
-  Dance & Fun
-  Figurtraining
-  Functional Train...
-  Körper & Entspan...
-  Rückentraining
-  Trainingsfläche
-  Verwendung Slim ...

Stand: 11.05.2021

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|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|--------------------------|
| 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness |
| 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness |
| 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness |
| 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness |
| 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 08:00 - 09:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness |
| 09:00 - 09:50 Rückengym | 09:00 - 09:50 Rückengym | 08:00 - 09:00 Fitness | 09:00 - 09:50 Rückengym | 08:00 - 09:00 Fitness | 10:00 - 11:00 Fitness | 11:00 - 12:00 Fitness |
| 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 09:50 Rückengym | 09:00 - 10:00 Fitness | 09:00 - 09:50 Rückengym | 10:00 - 11:00 Fitness | 11:00 - 12:00 Fitness |
| 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 10:00 - 11:00 Fitness | 11:00 - 12:00 Fitness |
| 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 10:00 - 11:00 Fitness | 11:00 - 12:00 Fitness |
| 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 10:30 - 11:30 Dance Step | 11:00 - 12:00 Fitness |
| 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | | 11:00 - 12:00 Fitness |

- Ausdauer
- Körper & Entspan...
- Rückentraining
- Figurtraining
- Functional Train...
- Verwendung Slim ...



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| 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness |
| 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness |
| 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 09:00 - 10:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness |
| 10:00 - 11:00 Fitness | 10:00 - 10:50 Rückengym | 09:00 - 10:00 Fitness | 10:00 - 10:50 Rückengym | 09:00 - 10:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness |
| 10:00 - 11:00 Fitness | 10:00 - 10:30 Easyline Zirkel  | 10:00 - 10:50 Spinning  | 10:00 - 10:30 Easyline Zirkel  | 10:00 - 10:50 Yoga Balance | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness |
| 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 10:50 Yoga Balance | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness |
| 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness |
| 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness |
| 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness |
| 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness |
| 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness |
| 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness |

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|--------------------------|--------------------------|----------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 11:00 - 12:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness |
| 11:00 - 12:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 10:00 - 11:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness |
| 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 10:00 - 11:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness |
| 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 11:50 Taichi - Qigong | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness |
| 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness |
| 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness |
| 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness |
| 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness |
| 12:00 - 13:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness |
| 12:00 - 13:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 11:00 - 12:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness |
| 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness |

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| 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 11:00 - 12:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness |
| 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness |
| 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness |
| 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness |
| 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness |
| 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 14:00 - 15:00 Fitness | |
| 13:00 - 14:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 12:00 - 13:00 Fitness | 14:00 - 15:00 Fitness | |
| 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness | |
| 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 12:00 - 13:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness | |
| 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness | |
| 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness | |

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|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------|--------------------|
| 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | | |
| 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | | |
| 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | | |
| 14:00 - 15:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | 13:00 - 14:00 Fitness | | |
| 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | | |
| 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 13:00 - 14:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | | |
| 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | | |
| 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | | |
| 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | | |
| 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | | |
| 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | | |
| 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | | |
| 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | | |

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|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------|--------------------|
| 15:00 - 16:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | 14:00 - 15:00 Fitness | | |
| 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 14:00 - 15:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | | |
| 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 14:00 - 15:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | | |
| 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | | |
| 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | | |
| 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | | |
| 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | | |
| 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | | |
| 16:00 - 16:50 Pilates | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | 15:00 - 16:00 Fitness | | |
| 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 15:00 - 16:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 16:50 Pilates | | |
| 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 15:00 - 16:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | | |

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|---------------------------------|-------------------------------|---------------------------------|----------------------------|--------------------------|--------------------|--------------------|
| 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 16:50 Rückengym | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | | |
| 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | | |
| 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | | |
| 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | | |
| 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | | |
| 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | | |
| 17:00 - 17:50 Bauch-Beine-Po | 17:00 - 17:50 Yoga Balance | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | | |
| 17:00 - 18:00 Fitness | 17:00 - 17:50 Intervall | 16:00 - 17:00 Fitness | 16:00 - 17:00 Fitness | 17:00 - 18:00 Fitness | | |
| 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 16:00 - 17:00 Fitness | 17:00 - 17:50 Yoga Flow | 17:00 - 18:00 Fitness | | |
| 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 17:50 Bauch-Beine-Po | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | | |
| 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | | |

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|---|--|---|---|---|--------------------|--------------------|
| 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 17:50 Jumping Tina  | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | | |
| 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | | |
| 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | | |
| 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | | |
| 18:00 - 18:50 Dance Step  | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | | |
| 18:00 - 19:00 Fitness | 18:00 - 18:50 Rückengym | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 18:00 - 19:10 Spinning Le Tortour...  | | |
| 18:00 - 19:00 Fitness | 18:00 - 18:50 Jumping Nancy  | 17:00 - 18:00 Fitness | 17:00 - 18:00 Fitness | 18:00 - 19:00 Fitness | | |
| 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 17:00 - 18:00 Fitness | 18:00 - 18:50 Zumba  | 18:00 - 19:00 Fitness | | |
| 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 17:00 - 18:00 Fitness | 18:00 - 18:50 Jumping Shadow Boxi...  | 18:00 - 19:00 Fitness | | |
| 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 18:50 Step & Fun  | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | | |
| 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | | | 18:00 - 19:00 Fitness | | |

-  Ausdauer
-  Dance & Fun
-  Figurtraining
-  Functional Train...
-  Körper & Entspan...
-  Rückentraining
-  Trainingsfläche
-  Verwendung Slim ...






Stand: 11.05.2021



Kursplan

10.05.2021 - 16.05.2021

SCS Sportcenter Suhl
Schneekopfstraße 78
98528 Suhl
03681 49980
sportcenter-suhl@gmx.de



| Montag 10.05.2021 | Dienstag 11.05.2021 | Mittwoch 12.05.2021 | Donnerstag 13.05.2021 | Freitag 14.05.2021 | Samstag 15.05.2021 | Sonntag 16.05.2021 |
|---------------------------------------|--|--|--|--------------------------------------|--------------------|--------------------|
| 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | | |
| 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | | |
| 19:00 - 19:50 Jumping Franziska | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | | |
| 19:00 - 20:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 19:00 - 19:50 Jumping Christin | | |
| 19:00 - 20:00 Fitness | 19:00 - 19:50 Rückengym | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 19:00 - 20:00 Fitness | | |
| 19:00 - 20:00 Fitness | 19:00 - 20:00 Spinning Speedster  | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 19:00 - 20:00 Fitness | | |
| 19:00 - 20:00 Fitness | 19:00 - 20:00 Fitness | 18:00 - 19:00 Fitness | 18:00 - 19:00 Fitness | 19:00 - 20:00 Fitness | | |
| 19:00 - 20:00 Fitness | 19:00 - 20:00 Fitness | 18:00 - 19:00 Fitness | 18:15 - 19:05 Strong  | 19:00 - 20:00 Fitness | | |
| 19:00 - 20:00 Fitness | 19:00 - 20:00 Fitness | 18:00 - 19:00 Fitness | 19:00 - 19:50 Jumping Franziska  | 19:00 - 20:00 Fitness | | |
| 19:00 - 20:00 Fitness | 19:00 - 20:00 Fitness | 19:00 - 19:50 Yogilates | 19:00 - 19:50 Spinning Oldie Kist...  | 19:00 - 20:00 Fitness | | |
| 19:00 - 20:00 Fitness | 19:00 - 20:00 Fitness | 19:00 - 19:50 BodyZone  | | | | |

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|--|--|---|--|---|--------------------|--------------------|
| <p>20:00 - 20:50 Zumba </p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> | <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>20:00 - 20:50 Zumba </p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> | <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>20:00 - 20:50 Bauch-Beine-Po</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> | <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>19:00 - 20:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> | <p>19:00 - 20:00 Fitness</p> <p>19:10 - 20:00 Spinning Slow Motio... </p> <p>20:00 - 20:50 Zumba </p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> <p>20:00 - 21:00 Fitness</p> | | |

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|-------------------|--------------------------|--|--|--------------------------|--------------------|--------------------|
| | 20:00 - 21:00 Fitness | 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness | 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness 20:00 - 21:00 Fitness | 20:00 - 21:00 Fitness | | |

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