

| Montag  |  |   | Dienstag                                  |  |   | Mittwoch                                       |  |  | Donnerstag                                     |   |   | Freitag                                    |                                      |            | Samstag                                   |   |                          |  |
|---|--|---|---|--|---|--|--|--|--|---|---|--|--------------------------------------|------------|---|---|--------------------------|--|
| Kursraum  | Reha                                       | Yogastudio                                | Kursraum                                  | Reha                                       | Yogastudio                                  | Kursraum                                       | Reha                                   | Yogastudio                                     | Kursraum                                       | Reha  | Yogastudio                              | Kursraum                                   | Reha                                 | Yogastudio | Kursraum                                  | Reha                                      | Yogastudio               |  |
| REHASPORT<br>08.15 - 09.00<br>DAMIAN            |  |   | KIDS FIT<br>08.30 - 09.30<br>KITA intern  | IN- / OUTDOOR MIX<br>08.00 - 09.30<br>ANNE |   | HERZSPORT<br>08.00 - 09.00<br>DR. FLEISCHHAUER |  |  | REHASPORT<br>08.30 - 09.15<br>DAMIAN           |   |   | HERZSPORT<br>08.15 - 09.15<br>PROF. THIELE | REHASPORT<br>08.30 - 09.15<br>INGE   |            |   |   |                          |  |
| REHASPORT<br>09.15 - 10.00<br>DAMIAN            |  | PILATES & YOGA<br>09.00 - 10.00<br>SYLVIA | RÜCKENFIT<br>09.30 - 10.30<br>INGE        |  |   | HERZSPORT<br>09.00 - 10.00<br>DR. FLEISCHHAUER | REHASPORT<br>09.00 - 09.45<br>DAMIAN   |  | RÜCKENFIT<br>09.30 - 10.30<br>MICHA            |   |   | HERZSPORT<br>09.30 - 10.30<br>PROF. THIELE | REHASPORT<br>09.30 - 10.15<br>INGE   |            |   | FIT INS WE<br>09.30 - 10.30<br>MICHA & CO |                          |  |
| REHASPORT<br>10.15 - 11.00<br>DAMIAN            |  | PILATES & YOGA<br>10.10 - 11.10<br>SYLVIA | FIT INS ALTER<br>10.45 - 11.45<br>INGE    |  | fitdankbaby<br>10.00 - 11.15<br>CLAUDIA     | YOGA<br>10.10 - 11.10<br>SYLVIA                | REHASPORT<br>10.00 - 10.45<br>DAMIAN   | fitdankbaby<br>10.00 - 11.15<br>CLAUDIA / ANNE | RÜCKENFIT<br>10.30 - 11.30<br>MICHA            |   | fitdankbaby<br>10.00 - 11.15<br>CLAUDIA | REHASPORT<br>11.00 - 11.45<br>JAKOB R.     | REHASPORT<br>11.00 - 11.45<br>INGE   |            |   |   | Jumping<br>10.40 - 11.40 |  |
| REHASPORT<br>11.15 - 12.00<br>DAMIAN            |  |   |   |  |   | fit and dance<br>11.15 - 12.15<br>SUSI         | REHASPORT<br>11.00 - 11.45<br>JAKOB R. |  | HERZSPORT<br>11.15 - 12.15<br>MR.DR. KIELSTEIN |   |   |  |                                      |            |   |   |                          |  |
|   |  |   | REHASPORT<br>13.00 - 13.45<br>INGE        |  |   | LUNGENSPORT<br>12.15 - 13.15<br>DAMIAN         |  |  | HERZSPORT<br>12.15 - 13.15<br>MR.DR. KIELSTEIN |   |   |  |                                      |            |   |   |                          |  |
| FIT INS ALTER<br>13.30 - 14.30<br>INGE          |  |   | REHASPORT<br>14.00 - 14.45<br>INGE        | REHASPORT<br>14.00 - 14.45<br>ANNE         |   | REHASPORT<br>14.00 - 14.45<br>DAMIAN           |  |  | REHASPORT<br>13.30 - 14.15<br>DAMIAN           |   |   | STEP MIX<br>14.00 - 15.00<br>ANNE          |                                      |            |   |   |                          |  |
| FIT INS ALTER<br>14.30 - 15.30<br>INGE          |  |   | REHASPORT<br>15.00 - 15.45<br>ANNE        |  |   | REHASPORT<br>14.50 - 15.35<br>DAMIAN           |  |  | REHASPORT<br>14.15 - 15.00<br>INGE             |   |   | RÜCKENFIT<br>15.10 - 16.10<br>ANNE         | REHASPORT<br>15.30 - 16.15<br>DAMIAN |            |   |   |                          |  |
| Jumping<br>16.00 - 17.00<br>ANNE                | RÜCKENFIT<br>16.00 - 17.00<br>INGE         | REHASPORT<br>15.50 - 16.35<br>CHRISTIAN   | RÜCKENFIT<br>16.00 - 17.00<br>MICHA       | RÜCKENFIT<br>16.30 - 17.30<br>ANNE         | fitdankbaby PRT<br>16.15 - 17.15<br>CLAUDIA | RÜCKENFIT<br>16.00 - 17.00<br>MICHA            | BBP<br>16.00 - 17.00<br>JAKOB R.       | TRX<br>16.00 - 16.30<br>ANNE                   | REHASPORT<br>15.00 - 15.45<br>JAKOB R.         |   | YOGA<br>16.15 - 17.15<br>STEINKAMP      |  |                                      |            | PILATES & YOGA<br>15.45 - 16.45<br>SYLVIA |   |                          |  |
| Jumping<br>17.00 - 18.00<br>DOREEN              |  | REHASPORT<br>16.45 - 17.30<br>CHRISTIAN   | RÜCKENFIT<br>17.00 - 18.00<br>MICHA       | BBP 50+<br>17.45 - 18.45<br>JAKOB R.       | FLE-XX & ROLL<br>17.30 - 18.00<br>CLAUDIA   | RÜCKENFIT<br>17.00 - 18.00<br>MICHA            | REHASPORT<br>17.15 - 18.00<br>TIMO     | BAUCH & RÜCKEN<br>16.35 - 17.35<br>ANNE        | RÜCKENFIT<br>15.45 - 16.45<br>DAMIAN           | BEBO® Mann<br>16.00 - 17.30<br>CLAUDIA        | TRX<br>17.30 - 18.00<br>ROBERT          |  |                                      |            | YINYOGA<br>16.50 - 17.50<br>SYLVIA        |   |                          |  |
| LES MILLS BODYPUMP<br>18.10 - 19.10<br>JAKOB R. | TRX<br>18.15 - 18.45<br>ANNE               | REHASPORT<br>17.35 - 18.20<br>CHRISTIAN   | RÜCKENFIT<br>18.00 - 19.00<br>MICHA       | BBP<br>18.50 - 19.50<br>JAKOB R.           |   | BODYSTYLING<br>18.15 - 19.15<br>TIMO           | RÜCKENFIT<br>18.10 - 19.10<br>MICHA    | BEBO® Frau<br>17.45 - 19.15<br>CLAUDIA         | LES MILLS BODYPUMP<br>17.00 - 18.00<br>MICHA   | BAUCH & RÜCKEN<br>18.10 - 19.10<br>JACQUELINE | RÜCKENFIT<br>18.10 - 19.10<br>ROBERT    | Jumping<br>18.15 - 19.15<br>JAKOB D.       |                                      |            | TRX YOGA<br>18:00 - 19.00<br>SYLVIA       |   |                          |  |
| STEP MIX<br>19.20 - 20.20<br>ANNE               |  | RÜCKENFIT<br>18.30 - 19.30<br>CHRISTIAN   | HERZSPORT<br>18.45 - 19.45<br>DR. GESSNER |  | PILATES<br>20.00 - 21.00<br>SYLVIA          | Jumping<br>19.15 - 20.15<br>DOREEN             | RÜCKENFIT<br>20.20 - 21.20<br>MICHA    |  | Jumping<br>18.10 - 19.10<br>JAKOB R.           | TRX<br>19.15 - 19.45<br>JACQUELINE            | RÜCKENFIT<br>19.15 - 20.15<br>ROBERT    |  |                                      |            | TRX YOGA<br>19.00 - 20.00<br>SYLVIA       |   |                          |  |
|   | FLE-XX & ROLL<br>19.20 - 20.00<br>JAKOB R. | REHASPORT<br>19.35 - 20.20<br>CHRISTIAN   | HERZSPORT<br>19.45 - 20.45<br>DR. GESSNER |  |   | RÜCKENFIT<br>20.45 - 21.45<br>MICHA            |  |  | Jumping<br>19.15 - 20.15<br>ANNE               |   |   |  |                                      |            |   |   |                          |  |
|   |  |   | RÜCKENFIT<br>20.45 - 21.45<br>MICHA       |  |   |  |  |  | REHASPORT<br>20.20 - 21.10<br>CHRISTIAN        |   |   |  |                                      |            |   |   |                          |  |

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einige Kurse bedürfen einer Anmeldung!  
gültig ab 03.09.2018