

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

VORMITTAG

09:30 - 10:30
Bauch-Beine-Po

09:30 - 10:30
Pilates

09:45 - 10:30
Rehasport*

10:30 - 11:30
Bodystyling

10:30 - 11:15
Rehasport*

10:30 - 11:15
Rehasport*

10:30 - 11:15
Rehasport*

Gesundheitszentrum gym80 • Ohmstraße 3 • 77694 Kehl
Tel.: +49 (0)7851 - 76598 • Email: info@gym80-kehl.de

11:15 - 12:00
Rehasport*

NACHMITTAG / ABEND

16:00 - 16:45
Rehasport*

17:30 - 18:30
Step

17:00 - 18:00
Pilates

17:00 - 18:00
Rückenfit

17:00 - 18:00
Workout

ÖFFNUNGSZEITEN

Montag - Freitag

09:00 - 22:00

Samstag

11:00 - 17:00

Sonntag

10:00 - 16:00

18:45 - 20:15
Yoga

18:00 - 19:00
Spinning

18:00 - 18:45
WorldJumping®

18:15 - 19:15
WorldJumping®

19:00 - 20:00
Power Dumbell®

19:00 - 20:00
Zumba® Fitness

19:15 - 20:15
Giron Arnis Escrima

20:15 - 21:00
Rehasport*

20:00 - 21:00
STRONG by Zumba®