

# Kursplan: Trainingskalender

14.06.2021 - 20.06.2021

vispo | Zentrum für Vitalität & Sport  
Hildegard-von-Bingen-Straße 1  
93053 Regensburg  
+49 941 – 708 12 780  
info@vispo-regensburg.de



Montag 14.06.2021	Dienstag 15.06.2021	Mittwoch 16.06.2021	Donnerstag 17.06.2021	Freitag 18.06.2021	Samstag 19.06.2021	Sonntag 20.06.2021
07:15 - 08:30 Training	07:15 - 08:30 Training	07:15 - 08:30 Training	07:15 - 08:30 Training	07:15 - 08:30 Training	09:00 - 10:15 Training	08:30 - 09:45 Training
08:30 - 09:45 Training	08:30 - 09:45 Training	08:30 - 09:45 Training	08:30 - 09:45 Training	08:30 - 09:45 Training	10:15 - 11:30 Training	09:45 - 11:00 Training
09:45 - 11:00 Training	09:45 - 11:00 Training	09:45 - 11:00 Training	09:45 - 11:00 Training	09:45 - 11:00 Training	11:30 - 12:45 Training	11:00 - 12:15 Training
11:00 - 12:15 Training	11:00 - 12:15 Training	11:00 - 12:15 Training	11:00 - 12:15 Training	11:00 - 12:15 Training	12:45 - 14:00 Training	12:15 - 13:30 Training
12:15 - 13:30 Training	12:15 - 13:30 Training	12:15 - 13:30 Training	12:15 - 13:30 Training	12:15 - 13:30 Training	14:00 - 15:00 Training	13:30 - 14:30 Training
13:30 - 14:45 Training	13:30 - 14:45 Training	13:30 - 14:45 Training	13:30 - 14:45 Training	13:30 - 14:45 Training		
14:45 - 16:00 Training	14:45 - 16:00 Training	14:45 - 16:00 Training	14:45 - 16:00 Training	14:45 - 16:00 Training		
16:00 - 17:15 Training	16:00 - 17:15 Training	16:00 - 17:15 Training	16:00 - 17:15 Training	16:00 - 17:15 Training		
17:15 - 18:30 Training	17:15 - 18:30 Training	17:15 - 18:30 Training	17:15 - 18:30 Training	17:15 - 18:30 Training		
18:30 - 19:45 Training	18:30 - 19:45 Training	18:30 - 19:45 Training	18:30 - 19:45 Training	18:30 - 19:45 Training		
19:45 - 21:00 Training	19:45 - 21:00 Training	19:45 - 21:00 Training	19:45 - 21:00 Training	19:45 - 21:00 Training		

Stand: 15.06.2021

- Fettstoffwechsel...
- Langhantel Worko...
- Pilates
- Power Sling
- Reha-Sport
- Training
- Wirbelsäulen - G...
- Yoga & Relax
- Zumba® Fitness

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<p>21:00 - 22:00 Training</p>	<p>21:00 - 22:00 Training</p>	<p>21:00 - 22:00 Training</p>	<p>21:00 - 22:00 Training</p>	<p>21:00 - 22:00 Training</p>		

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Stand: 15.06.2021