

# Kursplan Sommer 2021

| Montag  | Dienstag  | Mittwoch   | Donnerstag   | Freitag  | Samstag  | Sonntag  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
|---|---|--|--|--|--|--|--------|----------|----------|------------|------------|---------|-------------|-------------|--|--|--|--|--|-----------|-----------|--|--|--|--------------|--------------|--------------|------------|--------------|--------------|------------|--|--|-----------|------------|------------|------------|--------------|--------------|--|--|
| 09.00 - 09.50 1/2<br><b>Easy Bauch Beine Po</b><br>Equipment: ---<br>Level: J Beate   | 09.00 - 09.50 1/2<br><b>Bauch Beine Po</b><br>Equipment: ---<br>Level: J Andi   | 09.00 - 09.50 1/2<br><b>Bauch Beine Po</b><br>Equipment: ---<br>Level: J Marcus                    | 09.00 - 09.50 1/2<br><b>Complete Body Workout</b><br>Equipment: Steps/Gewichte<br>Level: G Susanne H.  | 09.00 - 09.50 1/2<br><b>Tabata &amp; Co</b><br>Equipment: Steps/Gewichte<br>Level: G Monique   |  | 10.30 - 12.00 3<br><b>Hatha Yoga</b><br>Level: J Taruna  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 10.00 - 10.50 1/2<br><b>Rücken</b><br>Equipment: ---<br>Level: J Beate  | 10.00 - 10.50 1/2<br><b>Rücken Aktiv § 20</b><br>Equipment: ---<br>Level: J Andi  | 10.00 - 10.50 1/2<br><b>Rücken Aktiv § 20</b><br>Equipment: ---<br>Level: J Andi                   | 10.00 - 10.50 1/2<br><b>Rücken Aktiv § 20</b><br>Equipment: ---<br>Level: J Christina  | 10.00 - 10.50 1/2<br><b>Rücken Aktiv § 20</b><br>Equipment: ---<br>Level: J Karin  | 11.00 - 11.50 1/2<br><b>Bauch Beine Po</b><br>Level: J Wittli/Manuela  | 11.00 - 12.15 1/2<br><b>XXL Workout Special</b><br>Equipment: ---<br>Level: G SPQ Trainer/in               |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| Liebe Mitglieder!<br>An allen blau markierten<br>Kursen könnt Ihr auch<br>ONLINE über<br><a href="http://www.gympperfect.de">www.gympperfect.de</a><br>teilnehmen.<br>Wir werden unser ONLINE<br>Kurs-Angebot wöchentlich<br>aktualisieren und zusätzliche<br>Kurs-Formate für Euch<br>bereitstellen! | 11.00 - 11.45 1<br><b>Rehasport § 64</b><br>Equipment: Hocker<br>geschl. Gruppe Andi  | 10.00 - 10.45 3<br><b>Rehasport § 64</b><br>Equipment: Hocker<br>geschl. Gruppe Marcus             | 10.00 - 10.50 3<br><b>Pilates Matwork § 20</b><br>Level: J Susanne H.<br>11.00 - 11.45 1/2<br><b>Rehasport § 64</b><br>Equipment: ---<br>geschl. Gruppe Christina  | 10.00 - 10.45 3<br><b>Rehasport § 64</b><br>Equipment: ---<br>geschl. Gruppe Monique<br>11.00 - 11.50 3<br><b>Pilates Matwork § 20</b><br>Level: J Karin   | 12.00 - 12.50 1/2<br><b>Rücken</b><br>Level: J Wittli/Manuela  | 12.30 - 13.20 1/2<br><b>Zumba</b><br>Level: J Deli<br>13.30 - 14.20 1/2<br><b>Jumping</b><br>Level: J Deli |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
|   | Liebe Mitglieder!<br>Bitte meldet Euch zu Eurem<br>Lieblingskurs über die<br>Sportpark APP an.<br>Meldet Euch unbedingt wieder<br>ab, wenn Ihr nicht kommt!<br>Die Präventionskurse § 20<br>starten ab 12.07.2021<br>Anmeldung über<br><a href="http://www.sportpark-quickborn.de">www.sportpark-quickborn.de</a> |  | 11.00 - 11.50 1/2<br><b>Stretch &amp; Relax § 20</b><br>Equipment: ---<br>Level: J Andi  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">CrossX</th> <th>Montag</th> <th>Dienstag</th> <th>Mittwoch</th> <th>Donnerstag</th> <th>Samstag</th> <th>Sonntag</th> </tr> </thead> <tbody> <tr> <td><b>Zeit</b></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>11.00 Uhr</td> <td></td> <td></td> <td></td> <td></td> <td>CrossX (G/J)</td> <td>CrossX (G/J)</td> </tr> <tr> <td>18.00 Uhr</td> <td>CrossX (G)</td> <td>CrossX (G/J)</td> <td>CrossX (G)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>19.15 Uhr</td> <td>CrossX (J)</td> <td></td> <td>CrossX (J)</td> <td>CrossX (G/J)</td> <td></td> <td></td> </tr> </tbody> </table> |  |  | CrossX | Montag   | Dienstag | Mittwoch   | Donnerstag | Samstag | Sonntag     | <b>Zeit</b> |  |  |  |  |  |           | 11.00 Uhr |  |  |  |              | CrossX (G/J) | CrossX (G/J) | 18.00 Uhr  | CrossX (G)   | CrossX (G/J) | CrossX (G) |  |  |           | 19.15 Uhr  | CrossX (J) |            | CrossX (J)   | CrossX (G/J) |  |  |
| CrossX  | Montag  | Dienstag   | Mittwoch   | Donnerstag   | Samstag  | Sonntag  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| <b>Zeit</b>   |   |  |  |  |  |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 11.00 Uhr   |   |  |  |  | CrossX (G/J)   | CrossX (G/J)   |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 18.00 Uhr   | CrossX (G)  | CrossX (G/J)   | CrossX (G)   |  |  |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 19.15 Uhr   | CrossX (J)  |  | CrossX (J)   | CrossX (G/J)   |  |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 17.00 - 17.50 1/2<br><b>Rücken Aktiv § 20</b><br>Level: J Christina   |   | 17.00 - 17.50 1/2<br><b>Jumping</b><br>Level: J Monique  | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">CrossX</th> <th>Montag</th> <th>Dienstag</th> <th>Mittwoch</th> <th>Donnerstag</th> <th>Samstag</th> <th>Sonntag</th> </tr> </thead> <tbody> <tr> <td><b>Zeit</b></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>11.00 Uhr</td> <td></td> <td></td> <td></td> <td></td> <td>CrossX (G/J)</td> <td>CrossX (G/J)</td> </tr> <tr> <td>18.00 Uhr</td> <td>CrossX (G)</td> <td>CrossX (G/J)</td> <td>CrossX (G)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>19.15 Uhr</td> <td>CrossX (J)</td> <td></td> <td>CrossX (J)</td> <td>CrossX (G/J)</td> <td></td> <td></td> </tr> </tbody> </table> |  |  | CrossX   | Montag | Dienstag | Mittwoch | Donnerstag | Samstag    | Sonntag | <b>Zeit</b> |             |  |  |  |  |  | 11.00 Uhr |           |  |  |  | CrossX (G/J) | CrossX (G/J) | 18.00 Uhr    | CrossX (G) | CrossX (G/J) | CrossX (G)   |            |  |  | 19.15 Uhr | CrossX (J) |            | CrossX (J) | CrossX (G/J) |              |  |  |
| CrossX  | Montag  | Dienstag   | Mittwoch   | Donnerstag   | Samstag  | Sonntag  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| <b>Zeit</b>   |   |  |  |  |  |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 11.00 Uhr   |   |  |  |  | CrossX (G/J)   | CrossX (G/J)   |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 18.00 Uhr   | CrossX (G)  | CrossX (G/J)   | CrossX (G)   |  |  |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 19.15 Uhr   | CrossX (J)  |  | CrossX (J)   | CrossX (G/J)   |  |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 18.00 - 18.45 3<br><b>Rehasport § 64</b><br>Equipment: ---<br>geschl. Gruppe Christina  |   | 17.00 - 17.45 3<br><b>Rehasport § 64</b><br>Equipment: ---<br>geschl. Gruppe Christina             | 17.00 - 17.50 CXB<br><b>Functional Training</b><br>Level: G Ulf  | 15.00 - 16.15 1/2<br><b>Yogilates</b><br>Level: J Georgia  | <b>Kursbezeichnungen und Farben:</b><br>Level: J = Jedermann/Jedefrau<br>Level: G = Geübte<br>Kursraum: 1/2 = GYM 1 und GYM 2<br>Kursraum: 3 = GYM 3 im Obergeschoss<br>Kursraum: Z = Zirkelraum/FIVE-Zirkel<br>Kursraum: CXB = CrossX Box<br><div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="width: 20px; height: 10px; background-color: #00aaff; border: 1px solid black;"></div> = Livekurs &amp; gymperfect<br/> <div style="width: 20px; height: 10px; background-color: #008000; border: 1px solid black;"></div> = Rehasport live &amp; online<br/> <div style="width: 20px; height: 10px; background-color: #ffe0b2; border: 1px solid black;"></div> = CrossX (gegen Aufpreis)                     </div> <div style="text-align: center; margin-top: 20px;"> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> </div> |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 18.00 - 18.50 1/2<br><b>Bauch Beine Po</b><br>Equipment: Steps/Gewichte<br>Level: G Ulf   | 17.00 - 17.50 1/2<br><b>IRON intensiv</b><br>Level: G Andi  | 18.00 - 18.50 1/2<br><b>Complete Body Workout</b><br>Equipment: Steps/Gewichte<br>Level: G Monique | 18.00 - 18.50 3<br><b>Rehasport § 64</b><br>Equipment: ---<br>geschl. Gruppe Andi  | 17.00 - 17.50 1/2<br><b>Fatburner Intervall</b><br>Equipment: Steps/Gewichte<br>Level: G Andi  |  |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 19.00 - 19.50 1/2<br><b>Rücken</b><br>Equipment: ---<br>Level: J Marcus   | 18.00 - 18.50 1/2<br><b>Fatburner Intervall</b><br>Equipment: ---<br>Level: G Monique   | 18.00 - 18.50 3<br><b>Beckenboden §20</b><br>geschl. Gruppe Christina                              | 18.00 - 18.50 1/2<br><b>Rehasport § 64</b><br>Equipment: ---<br>geschl. Gruppe Andi  | 18.00 - 18.50 1/2<br><b>Rücken Aktiv § 20</b><br>Equipment: ---<br>Level: J Christina  |  |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 19.00 - 20.30 3<br><b>Easy Yoga</b><br>Level: J Su  | 18.00 - 19.30 3<br><b>Vinyasa Yoga</b><br>Level: G Susanne P.   | 19.00 - 19.50 1/2<br><b>Rücken</b><br>Equipment: ---<br>Level: J Bianca                            | 19.00 - 19.50 1/2<br><b>Rücken Aktiv § 20</b><br>Equipment: ---<br>Level: J Andi   | 18.00 - 18.50 Z<br><b>Zirkel</b><br>Level: J Andi  |  |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |
| 20.00 - 20.50 1/2<br><b>IRON Workout</b><br>Level: J Marcus   | 19.00 - 19.50 1/2<br><b>Rücken</b><br>Equipment: ---<br>Level: J Monique  | 20.00 - 20.50 1/2<br><b>IRON Workout</b><br>Level: J Bianca  | 19.00 - 20.30 3<br><b>Yin Yoga</b><br>Level: J Susanne P.  | 19.00 - 19.50 1/2<br><b>Zumba</b><br>Level: J Zizo   |  |  |        |          |          |            |            |         |             |             |  |  |  |  |  |           |           |  |  |  |              |              |              |            |              |              |            |  |  |           |            |            |            |              |              |  |  |