Kursprogramm Frühjahr 2019 MTV Ludwigsburg

	Mo	Di	Mi	Do	Fr	So
7						
8	F923 12x 08:15 – 09:45 **Toso X** GymR	F936 12x 08:30 – 09:30 **Pilates** BR **NEU!**	F959 12x 08:00 – 09:30 **Aerial Yoga Deep & Relax** Sp.UG **NEU!**		F920 12x 08:15 – 09:15 **Body-Tuning** Sp.UG	
9	F949 12x 08:30 – 09:30 **Yoga** BR **NEU!**	F942 12x 09:15 – 10:15 **Bebo Frauen** Sp.EG	F954 12x 08:30 – 09:30 **Yoga** GymR	F938 12x 08:30 – 09:30 **Pilates strong** Sp.UG	F948 12x 08:00 – 09:00 **ChiFit** GymR	
10	F968 12x 09:30 – 10:30 **Baby i Motion W1** Dojo **NEU!**	F966 12x 09:30 – 10:30 **Mama Work. L1** Sp.UG	F919 12x 08:30 – 09:30 **Body-Tuning** GymH	F939 12x 09:30 – 10:30 **Pilates soft** Sp.UG	F940 12x 09:15 – 10:15 **Pilates** Sp.UG	F907 12x 09:30 – 10:30 **Bike** GymR
11	F969 12x 10:30 – 11:30 **Baby i Motion W2** Dojo **NEU!**	F967 12x 10:30 – 11:30 **Mama Work. L2** Sp.UG	F944 12x 10:45 – 11:45 **Bebo Männer** GymH	F945 12x 10:30 – 11:30 **5 Esslinger** GymH		F909 12x 10:30 – 11:30 **BikeFit + Gym** GymR
12	F918 12x 10:00 – 11:00 **Body-Tuning** Sp.EG		F970 12x 09:00 – 10:00 **Baby i Motion W3** Dojo **NEU!**	F971 12x 09:00 – 10:00 **Baby i Motion W4** Dojo **NEU!**		F960 6x 10:30 – 12:00 **Aerial Yoga** Sp.UG
	F931 12x 11:00 – 12:00 **Zumba®** Sp.EG			F972 12x 10:00 – 11:00 **Baby i Motion W5** Dojo **NEU!**		
16		F946 13x 16:00 – 17:00 **Aqua-Vital** Grünb.				
17	F925 12x 17:00 – 17:45 **Body-Tuning BBP** GymR	F950 12x 17:00 – 18:00 **Yoga** Schlö	F947 12x 17:00 – 18:15 **Starker Rücken** GymR		F962 12x 17:00 – 18:15 **Antara®** GymR	F935 12x 17:00 – 18:00 **Zumba®** GymH
18	F932 12x 17:45 – 18:45 **Zumba®** GymH	F951 12x 19:00 – 20:00 **Yoga Anfänger** Sp.UG **NEU!**	F955 12x 18:15 – 19:45 **Yoga Anf.** GymR	F926 12x 18:00 – 19:00 **Power Core** GymH		F973 12x 18:00 – 19:00 **Faszien-Yoga** GymR **NEU!**
	F901 12x 18:30 – 19:30 **Bike** GymR	F974 12x 18:00 – 19:30 **Judo Anf.** Sp.UG	F929 12x 18:30 – 20:00 **Fitness-Boxen Anfänger** BR **NEU!**	F933 12x 19:00 – 20:00 **Zumba®** GymH		F915 12x 18:00 – 19:00 **Piloxing** GymH
19	F914 12x 18:45 – 19:45 **HIT** GymH	F904 12x 18:15 – 19:15 **Bike** GymR	F961 12x 19:45 – 21:00 **Antara®** GymR	F937 12x 18:30 – 19:30 **Pilates** Sp.UG		F908 12x 19:00 – 20:00 **Bike** GymR
	F902 12x 19:30 – 20:30 **Bike** GymR	F943 12x 18:30 – 19:30 **Bebo Frauen** Sp.EG	F930 12x 20:00 – 21:30 **Fitness-Boxen Fortgeschr.** BR	F956 12x 19:30 – 20:30 **Yoga Vinyasa** Sp.UG		F941 12x 19:00 – 20:00 **Pilates** GymH
20	F910 12x 19:45 – 20:45 **Hot Iron®** GymH	F982 6x 19:30 – 21:00 **Aikido Anf.** Fröbel		F921 12x 20:00 – 21:00 **Breakletics®** Sp.EG **NEU!**		
	F903 12x 20:30 – 21:30 **Bike** GymR	F912 12x 19:30 – 20:30 **Hot Iron®** GymH	F975 12x 19:30 – 21:30 **Judo Erw.** Sp.UG	F927 12x 20:30 – 22:00 **Total Body-Workout for Men** GymH		
21	F963 12x 20:45 – 21:30 **Strech&Relax** GymH	F924 12x 20:30 – 21:30 **10 to 10** GymH	F928 12x 20:00 – 21:30 **Fitness-Boxen** BR **NEU!**	F964 12x 21:00 – 21:45 **Strech & Relax** Sp.EG **NEU!**		
	F977 12x 19:30 – 21:30 **Jiu-Jitsu** Fröbel	F952 12x 19:40 – 20:40 **Yoga** GymR	F913 12x 18:30 – 20:00 **Power Dumbell®** GymH	F916 12x 18:30 – 19:30 **STRONG Zumba®** Sp.EG	F922 12x 18:30 – 19:45 **deepWORK®** Sp.UG	F957 12x 18:30 – 19:30 **Yoga Anfänger** GymR **NEU!**
	F958 12x 20:15 – 21:45 **Aerial Yoga** Sp.UG **NEU!**	F953 12x 20:40 – 21:40 **Yoga** GymR	F934 12x 20:00 – 21:00 **Zumba®** GymH	F917 12x 19:30 – 20:30 **Aerobic/BBP** Sp.EG	F965 12x 19:45 – 20:45 **LNB MOTION** Sp.UG **NEU!**	F905 12x 19:30 – 20:30 **Bike** GymR
				F978 12x 19:30 – 21:30 **Jiu-Jitsu** Dojo	F976 12x 19:30 – 21:30 **Judo Erw.** BR	F906 12x 20:30 – 21:30 **Bike** GymR

Kursnummer — Anzahl Kurse
von – bis
Kursbezeichnung
Sportstätte

GymH	MTV-Gymnastikhalle
GymR	MTV-Gymnastikraum
GymB	MTV-Gymn.raum Brünner Str.
Sp.EG	MTV-Sporthalle EG
Sp.UG	MTV-Sporthalle UG
NEU!	Bewegungszentrum II (BWZ II)
Dojo	BWZ II, Dojo
BR	BWZ II, Bewegungsraum
Goethe	TurnH Goethe-Gymn.
Schlö	Schlösslesfeld
Elly	Elly-Heuss-Knapp-TH
Grünb.	Eichendorffschule Grünb. Schwimmbad
Fröbel	Fröbelh. Waldorfschule

inmena net

Kursbuchung einfach

Unsere Kurse können Sie online buchen unter:

kursbuchung.mtv-ludwigsburg.de