



Trainingszeiten

Check in 02332/557427 info@se-gevelsberg.de

was, wer	wo	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<u>Fitness</u>								
Fitness-Studio	SEG Fitness Neustr.	09:00 - 22:00	09:00 - 22:00	09:00 - 22:00	09:00 - 22:00	09:00 - 21:00	10:00 - 16:00	10:00 - 15:00
Rehafit	SEG Center Neustr.	09:00 - 10:00		10:30 - 11:30	09:00 - 10:00	10:30 - 11:30		
Rehafit	SEG Center Neustr.	16:00 - 17:00		16:00 - 17:00				
B.O.P	SEG Center Neustr.	19:30 - 20:30						
Rückengymnastik Prävention	Halle Neustraße		16:30 - 17:30					
Rückengymnastik Prävention	Halle Neustraße		17:30 - 19:00					
Pilates	SEG Center Neustr.			09:05 - 10:00				
Yoga	SEG Center Neustr.				18:30 - 20:00			

Stand: März 2018

Änderungen vorbehalten – bitte Home: se-gevelsberg.de