Kursplan

02.11.2026 - 08.11.2026

ampano Sport- und Gesundheitszentrum
Eichenallee 90
33332 Gütersloh

05241 / 53570
info@ampano.de

Montag 02.11.2026	Dienstag 03.11.2026	Mittwoch 04.11.2026	Donnerstag 05.11.2026	Freitag 06.11.2026	Samstag 07.11.2026	Sonntag 08.11.2026
08:00 - 08:45 Rehasport	08:00 - 08:45 Rehasport	08:15 - 09:00 ampano Zirkel	09:00 - 09:45 Rehasport	08:15 - 09:00 ampano Zirkel	12:30 - 13:30 Zumba® Maya	11:00 - 12:00 Les Mills BODYBALAN... Simone
09:00 - 09:45 Rücken Fit Waldi	09:00 - 09:45 Les Mills BODYPUMP Michael	09:00 - 09:45 Rücken Fit Waldi	10:00 - 10:45 Rehasport	09:15 - 10:00 Bauch Beine Po Waldi		12:15 - 13:15 Les Mills BODYPUMP Basti
10:00 - 10:45 Indoor Cycling Andreas	10:00 - 10:45 Rehasport Waldi	16:00 - 16:45 Rehasport	11:00 - 11:45 Rehasport	10:15 - 11:00 Rehasport		
16:00 - 16:45 Rehasport	11:00 - 11:45 Rehasport	17:00 - 17:45 Rehasport	16:00 - 16:45 Rehasport	11:15 - 12:00 Rehasport		
17:15 - 18:00 Rücken Fit	16:00 - 16:45 Rehasport	18:00 - 18:45 Bauch Beine Po Waldi	17:00 - 17:45 Rücken Fit Waldi			
18:00 - 18:45 Rehasport Kerstin L	17:00 - 17:45 Rehasport Waldi	19:00 - 19:45 Les Mills BODYBALAN... Simone	18:00 - 18:45 Les Mills BODYPUMP Michael			
18:05 - 18:50 Les Mills BODYATTAC... Michèle	18:00 - 18:45 Rehasport		19:00 - 20:00 Les Mills STEP Basti			
19:00 - 19:45 Shape & Relax Michèle	18:05 - 19:05 Les Mills BODYCOMBA... Marc		20:10 - 20:55 Rehasport			
19:00 - 19:45 Rehasport Kerstin	18:30 - 19:30 Indoor Cycling					
	19:15 - 20:15 Les Mills BODYPUMP Marc					
	20:00 - 20:45 Rehasport					

Stand: 02.11.2026

Gruppenfitness Präventionssport... Rehasport