

# **Kursplan 2017** *gültig ab 01.03.2017*

<b>Montag</b>	<b>Dienstag</b>	<b>Mittwoch</b>	<b>Donnerstag</b>	<b>Freitag</b>	<b>Sonntag</b>
	09.30 - 10.15 <b>Yoga</b>		09.30 - 10.15 <b>Pilates</b>		
	10.30 - 11.15 <b>Fitness-Workout</b>	10.30 - 11.15 <b>Reha Sport</b>	10.30 - 11.15 <b>Zirkeltraining</b>	10.15 - 11.00 <b>Wirbel-Säulen- Gymnastik</b>	
11.45 - 12.30 <b>Reha Sport</b>				11.00 - 11.45 <b>Faszientraining</b>	11.30 - 12.15 <b>Bauch Beine Po</b>
		16.15 - 17.00 <b>Reha Sport</b>	12.00 - 12.45 <b>Reha Sport</b>	12.00 - 12.45 <b>Reha Sport</b>	12.30 - 13.15 <b>Indoor Cycling</b>
		17.00 - 17.30 <b>Bauch Extrem</b>			
16.30 - 17.15 <b>Reha Sport</b>		17.30 - 18.00 <b>Stretching</b>			
17.30 - 18.15 <b>Step</b>		18.00 - 18.45 <b>Rücken Fit</b>	18.30 - 19.15 <b>Reha Sport</b>	18.00 - 19.00 <b>Indoor Cycling Vhs</b>	
18.15 - 19.00 <b>Power Fit</b>	19.00 - 19.45 <b>Indoor Cycling</b>	19.00 - 19.45 <b>Power Dumbell</b>	19.15 - 20.00 <b>Bauch Beine Po</b>	18.15 - 19.00 <b>Rücken Fit</b>	