

# Kursplan 2018    gültig ab 12.02.2018

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