

Kursplan 2018

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