































































Kursplan

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:30 - 09:15 Rund um fit - Zirkel JF  	08:30 - 09:15 Reha Pilates/Faszien JF  	08:30 - 09:15 Reha Hocker JF  	08:30 - 09:15 Reha Rückenfit JF  	08:30 - 09:15 Rund um fit - Zirkel KS  		
09:00 - 10:00 * Schlingentraining KS 	09:30 - 10:30 * Cardio Cycling INDOOR CYCLING JF 	09:00 - 10:00 Bodyforming/ BOP RR 	09:30 : 10:30 * Jumping Fitness JUMPING FITNESS JF 	09:00 - 10:00 Power Yoga MS 		10:15 - 11:40 * Fatburner Cycling INDOOR CYCLING WK 
09:30 - 10:15 Reha Rückenfit JF  		09:15 - 10:15 Nordic-Walking JF  	10:00 - 10:45 Reha Yoga MS  	09:30 - 10:15 Aktiv 65+ KS 	11:00 - 12:00 jeden 1.&3. Specialkurs RR/JB  	
10:30 - 11:15 TEP - Zirkel JF  		10:30 - 11:15 Zumba Gold HD  				
			17:00 - 17:45 Rund um fit - Zirkel KS  	16:00 - 17:00 Qi Gong MS 		
17:15 - 18:00 Reha Rückenfit KS  	17:30 - 18:15 Reha Rückenfit JF  	17:30 - 18:15 Reha Yoga MS  	17:45 - 18:00 Power Bauch VT 	17:30 - 19:00 * Fatburner Cycling INDOOR CYCLING WK 		
17:45 - 18:00 Power Bauch VT 	17:30 - 18:30 * Schlingentraining VT 	18:15 - 19:15 * Jumping Fitness JUMPING FITNESS JB 	18:00 - 18:45 Reha Rückenfit KS  	17:45 - 18:00 Power Bauch VT 		
18:15 - 19:00 Power Zirkel KS  	18:30 - 19:15 Power Zirkel JF  	18:30 - 19:15 Reha Pilates/Faszien KS  	18:30 - 19:30 Hot Iron RR 			
	19:00 - 20:30 * Fatburner Cycling INDOOR CYCLING WK 	19:30 - 20:30 Strong by Zumba STRONG BY ZUMBA JB  	19:00 - 19:45 Power Zirkel KS  			
19:15 - 20:15 * Jumping Fitness JUMPING FITNESS KS 	20:30 - 21:45 * Fatburner Cycling INDOOR CYCLING WK 	19:30 - 21:00 Yoga MS 	19:30 - 20:30 Functional Workout RR 			

 Reha-Sport
  Cardiokurs
  Wellnesskurs
  Kräftigungskurs
 * anmeldepflichtig

gültig ab 16.10.2017