

Unser Kursplan

Tel. 02852/960110

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:30 - 09:15 * Rund um fit - Zirkel	08:30 - 09:15 * Rund um fit	08:30 - 09:15 * Hockergymnastik	08:30 - 09:15 * Rund um fit	08:30 - 09:15 * Rund um fit - Zirkel		
08:30 - 09:30 * Schlingentraining	08:30 - 09:30 * Functional Workout		09:30 - 10:15 * Medical Jump			
09:30 - 10:15 * Rund um fit	09:15 - 10:15 * Pilates/Faszien		10:00 - 10:45 * Reha Yoga			10:00 - 11:30 * Fatburner Cycling
10:30 - 11:15 * Rund um fit - Zirkel						
			17:00 - 17:45 * BALLance-Methode nach Dr. Tanja Kühne			
17:00 - 17:45 * Rund um fit	17:30 - 18:30 * Schlingentraining	17:00 - 17:45 * Reha Yoga	17:00 - 17:45 * Rund um fit - Zirkel	17:30 - 18:30 * Yin Yoga		
18:00 - 18:45 * Kraft-Cardio-Zirkel	18:30 - 19:15 * Kraft-Cardio-Zirkel	18:00 - 19:00 * Jumping Fitness	18:00 - 18:45 * Rund um fit	18:00 - 19:30 * Fatburner Cycling		
19:00 - 19:45 * BALLance-Methode nach Dr. Tanja Kühne	19:00 - 20:15 * Fatburner Cycling	18:00 - 18:45 * Pilates/Faszien	18:00 - 19:00 * Schlingentraining			
19:00 - 20:00 * Jumping Fitness	20:30 - 21:45 * Fatburner Cycling	19:00 - 20:30 * Yoga	19:00 - 20:00 * PowerPump			



Cardiokurs  Reha - Sport

Kräftigungskurs  Wellnesskurs

* anmeldepflichtig

