

KURSPLAN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 10:00		REHA-SPORT 09:30 - 10:15		MORNING YOGA 09:30 - 10:30	RÜCKENFITNESS 09:30 - 10:30		
10:00 - 11:00		REHA-SPORT 10:30 - 11:15			LANGHANTEL 10:30 - 11:30	ZUMBA STRONG 10:15 - 11:15	
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00				REHA-SPORT 16:30 - 17:15			
17:00 - 18:00	REHA-SPORT 16:45 - 17:30	TABATA 17:30 - 18:30	LANGHANTEL 17:30 - 18:30	SIXPACK WORKOUT 17:30 - 18:00			
18:00 - 19:00	ZUMBA 18:00 - 19:00	CARDIO STEP 18:30 - 19:00	ZUMBA 18:30 - 19:30	RÜCKENFITNESS 18:00 - 19:00			
19:00 - 20:00	YOGA 19:00 - 20:00	STRONG 19:00 - 20:00	REHA-SPORT 19:30 - 20:15	POWERFITNESS 19:00 - 20:00			
20:00 - 21:00							
21:00 - 22:00							

KURSE FINDEN AB 3 PERSONEN STATT!
KURSPLAN GÜLTIG AB 01.01.2021



MEHR INFOS UNTER:
WWW.MYTIME-FITNESS.DE



