

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
9.00	Reha-Sport 09.15-10.00	Rückenfitness 09.30-10.15	Reha- Sport 09.15-10.00			
10.00	SIX PACK 10.05-10.20 Mobility 10.30-11.30	SIX PACK 10.15-10.30	Pilates 10.00-11.00		Faszien Yogilatis 10.00-11.00	Yobility 10.15-11.00
11.00	Hot Iron 1 11.30-12.30	Reha-Sport Sitzgymnastik 11.00-11.45	Faszien Yogilatis 11.00-12.00		Pilates 11.00-12.00	DeepWork 11.15-12.15
14.00						
15.00			SIX PACK 16.00-16.15			
16.00	Six Pack 17.00-17.15		Reha-Sport 16.30-17.15	Reha- Sport 16.30-17.15	SIX PACK 16.30-16.45	
17.00	Yoga 17.15-18.30	SIX PACK 17.15-17.30	Reha-Sport 17.15-18.00	SIX PACK 17.15-17.30 Yoga 17.30-18.45	Faszien Yogilatis 17.00-18.00	
18.00	HOT IRON 1 18.30-19.30	JUMPING BALANCE 17.45-18.45	Physio Gym 18.00-19.00	JUMPING BALANCE 19.00-20.00	Pilates 18.00-19.00	Achtung! Anmeldung eine Woche vorher möglich! (App oder Telefon) Max. 20 Teilnehmer
19.00	Yobility 19.30-20.15	JUMPING FITNESS 18.45-19.45	Hot Iron 19.00-20.00	Iron Cross 20.00-21.00		
20.00			Iron Cross 20.00-21.00			

KURSE FINDEN AB 3 PERSONEN STATT