

Kursplan

14.10.2024 - 20.10.2024

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Montag 14.10.2024	Dienstag 15.10.2024	Mittwoch 16.10.2024	Donnerstag 17.10.2024	Freitag 18.10.2024	Samstag 19.10.2024	Sonntag 20.10.2024
08:30 - 09:30 Fit & Vital	09:00 - 10:30 Yoga Stretch	08:30 - 09:30 Bodyfit	08:15 - 09:00 Reha	08:15 - 09:15 Step	10:00 - 10:45 Bodyworkout	10:00 - 11:00 Zumba
09:30 - 10:30 Bodystyling	17:00 - 17:45 Reha	09:45 - 11:00 Rundum Fit	09:15 - 10:15 Pilates	09:45 - 11:00 Rundum Fit		
09:45 - 11:00 Rundum Fit	17:50 - 18:45 Tabata	18:00 - 19:00 Zumba	17:00 - 17:45 Reha	17:00 - 18:00 Zumba		
15:15 - 16:00 Reha Kids	19:00 - 19:45 Stretch&Relax	19:00 - 20:00 Indoor Cycling	18:00 - 18:45 Bodyworkout			
16:45 - 17:30 Reha		19:00 - 19:45 Gesunder Rücken	18:50 - 19:50 Hot Iron			
17:30 - 18:30 Pilates		20:00 - 20:45 Reha	19:00 - 20:00 Indoor Cycling			
18:30 - 19:30 Hot Iron						
19:00 - 20:00 Indoor Cycling						
19:30 - 20:30 Bodyfit/Step						

- Figur
- Geschlossener Ku...
- Gesundheit
- Herz-Kreislauf
- Reha

Stand: 15.10.2024