



Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
REHA - Sport 09:30 - 10:15		REHA - Sport 09:30 - 10:15		Achtsamkeit 09:15 - 10:15
REHA - Sport 10:30 - 11:15		REHA - Sport 10:30 - 11:15		REHA - Sport 10:30 - 11:15
	Damen - Fitness 15:30 - 16:30			
REHA - Sport 17:15 - 18:00		REHA - Sport 17:15 - 18:00	REHA - Sport 17:15 - 18:00	
Leichtes Krafttraining 18:15 - 19:15			Pilates 18:15 - 19:15	Bauch - Beine - Po 17:30 - 18:45
HOT Iron 19:30 - 20:30	Powerworkout 19:00 - 20:00		HOT Iron 19:30 - 20:30	