

Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08:30 - 09:15 Reha	08:00 - 08:45 bleib beweglich	08:30 - 09:15 Reha	08:30 - 09:15 Reha	08:30 - 09:15 Reha	
09:15 - 10:00 Drums alive	09:00 - 10:15 Beckenboden*	09:15 - 10:00 Drums alive	09:30 - 10:15 Ajambow - Pilates	09:30 - 10:00 Prävention*	10:30 - 11:30 Tabata
09:30 - 10:00 Rücken aktiv	09:30 - 10:00 Bewegter Zirkel	10:15 - 10:45 Ballance Basic	10:15 - 10:45 Rückenzirkel	10:15-11:15 Yoga	
10:15-11:00 Pilates	10:30 - 11:15 Reha	11:00 - 12:00 Yoga soft	10:45 - 11:30 Reha	11:15 - 11:45 Pilates	Sonntag
11:15 - 12:00 Beckenboden*	11:30-12:15 Reha			12:00 - 13:00 Yoga soft	11.30 - 12.30 Wechselndes Kursangebot
15:30 - 16:30 Yoga Kids*		15:00-15:45 Prävention*		15:00 - 15:45 Reha	
17:00 - 17:45 Reha	17:00 - 17:45 Reha		17:00- 17:45 Reha	* = mit Anmeldung	
18:30 - 19:10 Step - Aerobic	18:00 - 18:30 Rückenzirkel	17:30 - 18:15 Reha	18:00 - 18:45 Pilates		
19:15 - 19:45 BOP Zirkel	18:45 - 19:30 Langhantel	18:15 - 19:00 Body Combat	18:45 - 19:40 Aerobic		
19:15 - 19:45 Pilates		19:00 - 20:00 Zumba			
19:45 - 20:30 Yoga	19:45 - 20:30 Ballance*		19:45 - 20:30 Yoga		