

Kursprogramm ab 1.8.17

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8-22Uhr	8-22Uhr	8-22Uhr	8-22Uhr	8-22Uhr	10-16Uhr	10-16Uhr
9:30-10:15 Bodystyling	8:15-9:15 Yoga	9:00-9:45 Rücken Fit				
10:30-11:15 Pilates		9:50-10:10 Faszien Fit	9:30-10:15 Reha-Sport	9:30-10:15 Rücken Fit		
11:30-12:15 Reha-Sport		10:30-11:15 Bauch Beine Po	10:30-11:15 Reha-Sport	10:30-11:30 Powerzirkel (TF)		10:30-11:30 Fit Mix
12:15-13:00 Reha-Sport			11:30-12:15 Reha-Sport	10:30-11:15 Pilates	11:00-12:00 Muscle Attack	
18:15-19:00 Bauch Beine Po	18:30-19:15 Indoor Cycling	18:30-19:15 Pilates	17:30-18:15 Reha-Sport			
19:05-19:25 Faszien Fit	19:30-20:15 Rückenfit	19:20-19:40 Faszien Fit	19:00-19:45 Reha-Sport	18:30-19:15 Bauch Beine Po		
19:30-20:30 Muscle Fire	20:30-21:30 Powerzirkel (TF)	19:45-20:45 Fit Mix	20:00-21:00 Yoga			
20:40-21:30 Circle + Cycling	20:30-21:15 Zumba					

Zielgruppen:

● = Power / High Intensity
 ● = Ausdauer / Kondition
 ● = Gesundheit
 ● = Rehasport (mit Rezept)