

Kursplan

Ab Juni 2024

Kurse an Feiertagen s.Aushang

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.00 – 9.45 Reha Sport		10.00-10.30 RückenPowerPUR		8.45-09.00 Sensomotorik		10.30.-11-30 Indoor Cycling <small>Sommerpause ab 03.06.24</small>
09.45– 10.30 Indoor Cycling soft		10.30-11.00 Body Forming		09.00-09.45 Reha Sport		
		11.00-11.15 BAUCHKILLER				
17.15 – 18.00 Reha Sport	16.45 – 17.30 Reha Sport	17.45 – 18.30 Indoor Cycling	17.00 – 18.00 Klangschalen Yoga +Blackroll/ Meditation			
18.00 – 18.55 Aktiv Attacke	17.30 – 18.15 Push Bike	18.30 – 19.20 Body Workout				
19.00 – 20.00 Indoor Cycling	18.15 – 19.00 Yoga & Stretch					