

Kursplan

Ab Oktober 2024

Kurse an Feiertagen s.Aushang

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.00 – 9.45 Reha Sport		10.00-10.30 RückenPowerPUR		08.45 - 09.45 Sensomotorik + Reha Sport	<i>ODP</i> <i>OutdoorPark</i>	10.30.-11-30 Indoor Cycling
09.45– 10.30 Indoor Cycling		10.30-11.00 Body Forming				
		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 – 18.45 HIIT	17.30 – 18.15 Push Bike	18.30 – 19.20 Body Workout	<i>ODP</i> <i>OutdoorPark</i>			
18.45 – 19.30 Indoor Cycling	18.15 – 19.00 Yoga & Stretch					
<i>ODP</i> <i>OutdoorPark</i>						