

Kursplan **Ab März 2025**

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 – 18.45 Indoor Cycling	17.15-17.45 Aktiv Pump Langhanteltraining			
18.00 – 18.45 HIIT	17.30 – 18.15 Push Bike		17.45-18.00 Bauchkiller			
18.45 – 19.30 Indoor Cycling	18.15 – 19.00 Yoga & Stretch		18.00-18.45 KlangschalenYoga Blackroll			
<i>ODP</i> <i>OutdoorPark</i>						