

# KURSRAUM „ARENA“

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
CIRCUIT TRAINING 9.30 - 10.45		MUSCLE POWER 9.30 - 10.45		FUNCTIONAL TRAINING 9.30 - 10.30		TABATA TRAINING* 11.00 - 11.45
MUSCLE POWER 18.00 - 19.00	FUNCTIONAL TRAINING 18.00 - 19.00	MUSCLE POWER 17.30 - 18.30	CORE TRAINING 17.30 - 18.15	MUSCLE POWER 18.00 - 19.00		FASCIAL RELEASE* 11.45 - 12.15
STEP CHOREO 19.00 - 19.45	CORE TRAINING 19.00 - 19.30		ZUMBA 18.15 - 19.15	STEP BASICS 19.00 - 19.45		
FASCIAL RELEASE 19.45 - 20.15	FASCIAL RELEASE 19.30 - 20.00		WIRBELSÄULEN GYMNASTIK 20.00 - 20.45			
	WIRBELSÄULEN GYMNASTIK 20.00 - 20.45					

# INDOOR CYCLING

CYCLING II 19.15 - 20.15	CYCLING I - II 18.00 - 19.00	CYCLING FATBURNER* 10.45 - 11.30	CYCLING FATBURNER* 19.00 - 19.45	CYCLING I - II 10.30 - 11.30		CYCLING II - III* 10.30 - 11.30
		CYCLING II - III 18.45 - 19.45		CYCLING II 18.00 - 19.00		

# KURSRAUM „PREMIUM“

\* Kursbeginn Januar 2019

REHA N./O. 16.00 - 16.45	YOGA 18.30 - 19.45		REHA N./O. 10.00 - 10.45		YOGA 10.30 - 11.45	
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# KURSRAUM „GALERIE“

REHA O = Reha Orthopädie - Reha N = Reha Neurologie

REHA O. 8.30 - 9.15	REHA O. 8.00 - 8.45	REHA O. 12.00 - 12.45	REHA O. 9.00 - 9.45	REHA O. 12.00 - 12.45	REHA O. 9.15 - 10.00	
REHA O. 12.00 - 12.45	REHA O. 20.00 - 20.45	REHA O. 19.00 - 19.45	REHA O. 20.00 - 20.45			
		TAI CHI 19.45 - 20.30				