

Kursplan gültig ab Februar 2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	Reha O ★ 8.30-9.15	Reha O 8.30-9.15	Reha O 8.30-9.15		Reha O ★ 9.00-9.45	
Functional Training 10.00-11.00		Muscle Power 10.00-11.00		Functional Training 10.00-11.00	Yoga 10.30-12.00	
Reha O 12.00-12.45	Reha O 12.00-12.45	Reha O 12.00-12.45	Reha O ★ 12.00-12.45	Reha O 12.00-12.45		
	Core Training 16.45-17.00	Power-Zirkel 17.30-18.15		Strong & Fit 17.30-18.45		
Indoorcycling 18.00-19.00	Functional Training 17.00-18.00	Reha O 18.30-19.15	TRX 18.00-19.00 (Bridge)	Indoorcycling 18.00-19.00		
Step Choreo 18.00-19.00	Faszien Training 18.00-18.30	Indoorcycling 18.45-19.45	Zumba 18.30-19.30	Step Einsteiger ★ 19.00-20.00		
Muscle Power 19.00-20.00	Yoga 18.45-19.45					
	Reha O 20.00-20.45		Reha O 20.00-20.45			



**Specials
siehe
Aushang**

★ Zusatzkurse zeitlich begrenzt!

Reha O = Reha Orthopädie