


Kursplan gültig ab Januar 2025

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Therap.-Yoga 08.30-09.30	Reha O 8.30-9.15	Reha O 8.30-9.15	Reha O 8.30-9.15	Reha O 8.30-9.15	Reha O ★ 9.00-9.45	 Specials siehe Aushang
Functional Training 10.00-11.00		Muscle Power 10.00-11.00	Yoga 10.00-11.15	Functional Training 10.00-11.00	Yoga 10.30-11.45	
Reha O 12.00-12.45	Reha O 12.00-12.45	Reha O 12.00-12.45	Reha O ★ 12.00-12.45	Reha O 12.00-12.45		
	Fullbody Workout 16.45-18.00	Pilates 17.00-18.00		Strong & Fit 17.30- 18.45		
Indoorcycling 18.00-19.00	Core & Stretch 18.00-18.30	Indoorcycling 18.15-19.15				
Step Choreo 18.00-19.00	Yoga 18.30-19.45	Reha O 18.30-19.15	Zumba 18.30-19.30	Step Einsteiger 18.45-19.45		
Muscle Power 19.00-20.00						
	Reha O 20.00-20.45		Reha O 20.00-20.45			

★ Zusatzkurse zeitlich begrenzt!

Reha O = Reha Orthopädie