

KURSPROGRAMM

<u>MONTAG</u>	<u>DIENSTAG</u>	<u>MITTWOCH</u>	<u>DONNERSTAG</u>	<u>FREITAG</u>	<u>SAMSTAG</u>
09:00-09:15 HSN	09:00-10:00 Aktiv & Vital	09:00-09:15 HSN		09:00-10:15 Yoga	
09:20 Complete Body Workout	10:15-11:00 Rehasport	09:15-10:15Uhr Wirbelsäulen- gymnastik	10:15-11:15 Rückenzirkel	10:30-11:15 Rehasport	10:30-11:30 Special Kurs (siehe Aushang)
17:30-18:15 Rehasport	17:30-18:15 Rehasport				
18:00-18:50 Stretch&Release	18:00-19:00 Strength&Mobility	18:00-19:00 Sculpt&Sweat	18:00-19:00 TRX		
19:00 Indoor-Cycling	18:30-19:15 Rehasport	18:00-19:00 Indoor-Cycling	18:15-19:00 Rehasport	18:30-19:30 Indoor-Cycling	
19:15 Tight&Toned	19:30-20:30 Pilates	18:30-19:15 Rehasport	19:15-20:00 Rehasport		
		19:15-19:45 Stretch&Release Express			
		19:30-20:15 Rehasport	19:15-20:15 Yoga		