

KURSPLAN Gültig ab 08.05.2025

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
9:00 - 9:55	9:00 - 9:55	9:00 - 9:55	9:00 - 9:55	9:00 - 9:45	09:15 - 10:30
WSG 1	WSG 1	Bodyforming 1	WSG 1	Rehasport ** 3	Fatburner 1
9:00 - 9:45	9:00 - 9:45	10:00 - 10:55	9:00 - 9:45	9:00 - 9:55	10:30 - 11:25
Rehasport** 3	Rehasport** 3	Yoga für Anfänger 1	Rehasport ** 3	Zumba 1	Tabata 1
10:00 - 10:55	10:00 - 10:55	10:00 - 10:45	10:00 - 10:55	10:00 - 10:55	11:30 - 12:25
Wellness Workout 1	Bodyforming 1	Rehasport ** 3	Hot Iron 1	WSG 1	Pilates 1
10:00 - 10:45	10:00 - 10:45	11:00 - 11:45	10:00 - 10:45	SONNTAG	
Rehasport** 3	Hockergymnastik** 3	Rehasport ** 1	Hockergymnastik ** 3		10:00 - 10:55
11:00 - 11:45					Bodyforming 1
Rehasport** 3	17:00 - 17:45	16:00 - 16:55	17:00 - 17:45	16:00 - 16:55	11:00 - 11:55
	Rehasport ** 3	Bodyforming 1	Rehasport ** 3	Hot Iron 1	Step I 1
16:00 - 16:45	17:00 - 17:55	17:00 - 17:55	17:00 - 17:55	17:00 - 17:30	11:00 - 11:55
Rehasport** 1	Bodyforming 1	WSG 1	Bodyforming 1	Sixpack 1	Cycling 2
17:00 - 17:55	18:00 - 18:55	18:00 - 18:55	18:00 - 18:55	17:30 - 17:55	Kurzfristige Änderungen wegen Krankheit/ Urlaub behalten wir uns vor. Alle Fitnesskurse finden ab 5 Teil- nehmern statt. **Rehakurs - Teilnahme nur mit gültiger Rehaveverordnung
Bodyforming 1	Rückenfit & Stretch 3	Bodyforming 1	Zumba 1	Mobility 1	
18:00 - 18:55	18:00 - 18:55	18:00 - 18:45			
Dance 1	Cycling 2	Rehasport ** 3			
18:15 - 19:10	19:00 - 19:55	18:00 - 18:55			
Cycling 2	SOMMERPAUSE 1	SOMMERPAUSE 2			
18:00 - 19:30	19:00 - 19:55	19:00 - 19:55			
Tai Chi Qigong 3	Pilates 3	Zumba 1			
19:00 - 19:55					
FitMix 1			19:00 - 20:15		
		Anusara-Yoga 3			

