

KURSPLAN Gültig ab 06.01.2025

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 - 10:45	9:00 - 9:45	9:00 - 9:55	10:30 - 11:25
Rehasport** 3	Rehasport** 3	Balance Workout 1	Rehasport ** 3	Zumba 1	Tabata 1
10:00 - 10:55	10:00 - 10:55	11:00 - 11:45	10:00 - 10:55	10:00 - 10:55	11:30 - 12:25
Wellness Workout 1	Bodyforming 1	Rehasport ** 1	Bodyforming 1	WSG 1	Pilates 1
10:00 - 10:45	10:00 - 10:45		10:00 - 10:55	10:00 - 10:45	SONNTAG
Rehasport** 3	Hockergymnastik** 3		Yoga für Anfänger 3	Hockergymnastik ** 3	10:00 - 10:55
16:00 - 16:45	17:00 - 17:45	16:00 - 16:55	17:00 - 17:45	16:00 - 16:55	Bodyforming 1
Rehasport** 3	Rehasport ** 3	Bodyforming 1	Rehasport ** 3	Hot Iron 1	11:00 - 11:55
17:00 - 17:55	17:00 - 17:55	17:00 - 17:55	17:00 - 17:55	17:00 - 17:30	Step I 1
Bodyforming 1	Bodyforming 1	WSG 1	Bodyforming 1	Sixpack 1	11:00 - 11:55
18:00 - 18:55	18:00 - 18:55	18:00 - 18:55	18:00 - 18:55	17:30 - 17:55	Cycling 2
Zumba 1	Functional Workout 1	Bodyforming 1	Zumba 1	Mobility 1	
18:15 - 19:10	18:00 - 18:55	18:00 - 18:45			
Cycling 2	Cycling 2	Rehasport ** 3			
18:00 - 19:30	19:00 - 19:55	18:00 - 18:55			
Tai Chi Qigong 3	Step II 1	Cycling 2			
19:00 - 19:55	19:00 - 19:55	19:00 - 19:55			
Bodyforming 1	Pilates 2	Zumba 1			
		19:00 - 20:15			
		Anusara-Yoga 3			

Kurzfristige Änderungen wegen Krankheit/Urlaub behalten wir uns vor.
 Alle Fitnesskurse finden ab 5 Teilnehmern statt.
****Rehakurs - Teilnahme nur mit gültiger Rehaberordnung**

