

Kursplan

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00		Yoga 09:00 - 10:00 Hatha+Yin Yoga		Rehasport 09:00 - 09:45	
09:15			TRX Suspension Training 09:15 - 10:00		
09:30	Funktionstraining 09:30 - 10:00				Rehasport 09:30 - 10:15
09:45					
10:00	BodyPump 10:00 - 11:00	Funktionstraining 10:00 - 10:30	Präventionskurs § 20 10:00 - 11:15 Hatha-Yoga	Funktionstraining 10:00 - 10:30	Indoor Cycling 10:15 - 11:15
10:15					
10:30					
10:45					
11:00					
16:00	Funktionstraining 16:00 - 16:30	Rehasport 16:00 - 16:45			
16:15					
16:30				Rehasport 16:30 - 17:15	
16:45	Rehasport 16:45 - 17:30	Funktionstraining 16:45 - 17:15	Funktionstraining 16:45 - 17:15		
17:00					
17:15			Funktionstraining 17:15 - 17:45		
17:30	Yoga 17:30 - 18:30 Hatha+Yin Yoga				Funktionstraining 17:30 - 18:00
17:45					
18:00		BootCamp 18:00 - 19:00	Rehasport 18:00 - 18:45	Indoor Cycling 18:00 - 19:00	
18:15					
18:30	Indoor Cycling 18:30 - 19:30				
18:45					
19:00		Bauch Beine Po 19:00 - 19:45	BodyPump 19:00 - 20:00	Präventionskurs § 20 19:00 - 20:15 Hatha-Yoga	BodyPump 19:00 - 20:00
19:15					
19:30	GRIT 19:30 - 20:00				
19:45		TRX Suspension Training 19:45 - 20:30			
20:00			GRIT 20:00 - 20:30		
20:15					