

KURSPLAN 2020

NEU

MONTAG

09:15-10:00
Fit-Vital

10:00-10:45
Reha

11:00-11:25
Muskellängen
Training

18:00-18:45
Reha

19:00-19:50
Fett Killer

20:00-21:00
Yoga

DIENSTAG

09:15-10:00
Reha

10:00-10:45
Reha+60

18:15-19:00
Reha

19:00-19:45
Reha

19:45-20:15
Cardio

MITTWOCH

09:15-10:00
Energie Step

10:15-11:00
Reha+60

18:15-19:00
Reha

19:00-20:00
Zumba
Varitation

20:00-20:30
Bauch
Express

DONNERSTAG

11:00-11:25
Muskellängen
Training

18:15-19:00
Reha

18:45-19:30
Zumba

19:30-20:15
Power Pump

FREITAG

09:15-10:00
Reha

10:00-10:45
Pilates

19:00-19:25
Muskellängen
Training