

Kursprogramm

Sommer 2024

FITNESS & FRIENDS

Carpe diem!

SPORT | GESUNDHEIT | WOHLBEFINDEN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	9.15 – 10.00 Reha-Sport		9.15 – 10.00 Full Body Toning	9.15 – 10.00 Reha-Sport	
	10.15 – 11.00 Reha-Sport			10.15 – 11.00 Reha-Sport	11.00 – 12.00 Pump-Kim
17.00 – 17.45 Reha-Sport	17.00 – 17.45 Reha-Sport	17.00 – 17.45 Reha-Sport	17.00 – 17.45 Reha-Sport	17.00 – 17.45 Full Body Toning	
18.00 – 18.45 Fit-Mix	18.00 – 19.00 Pump-Kim	17.45 – 19.15 Yoga	18.00 – 18.45 Faszilates		
19.00 – 19.30 Sixpack	19.15 – 20.15 Indoor-Cycling		19.00 – 20.00 Indoor-Cycling		
19.45 – 21.15 Yoga					