

Kursplan

07.04.2025 - 13.04.2025

Montag 07.04.2025	Dienstag 08.04.2025	Mittwoch 09.04.2025	Donnerstag 10.04.2025	Freitag 11.04.2025	Samstag 12.04.2025	Sonntag 13.04.2025
10:20 - 11:05 Rückentraining	09:35 - 10:20 Bodyshape	10:30 - 11:30 Qi Gong	09:00 - 10:00 Fit 50 Plus	10:30 - 11:00 Mobilisation	11:00 - 12:30 Hatha Yoga	10:30 - 11:15 Rückentraining ab F...
10:30 - 11:15 REHA	10:30 - 11:15 Rückentraining	12:00 - 12:45 Rückentraining	10:15 - 11:00 Rückentraining	10:30 - 11:15 REHA Sport		11:30 - 12:15 Bodyshape
11:10 - 12:10 Pilates	17:00 - 17:45 Bodyshape	13:00 - 13:45 REHA	18:00 - 18:45 Bodyshape	11:00 - 12:00 Pilates		12:30 - 13:30 Indoor Cycling
16:30 - 17:30 Bodypump®	17:50 - 18:50 Dance Mix	17:00 - 17:45 Rückentraining	19:00 - 19:45 Rückentraining	12:00 - 12:45 Rückentraining		
17:45 - 18:45 Body Definition	18:55 - 19:55 Stretch & Relax	17:00 - 17:45 REHA	19:00 - 20:00 Bodypump®	16:30 - 17:30 Bodypump®		
18:00 - 18:50 Pilates		18:00 - 18:30 Sixpack		18:30 - 19:30 Indoor Cycling		
18:00 - 19:30 Hatha Yoga		18:00 - 18:55 BodyBalance®				
19:00 - 19:45 Rücken und Bauch		18:40 - 19:10 HIIT Cycling				
19:00 - 20:00 Zumba Fitness						