

# Kursplan

27.06.2022 - 03.07.2022

Montag 27.06.2022	Dienstag 28.06.2022	Mittwoch 29.06.2022	Donnerstag 30.06.2022	Freitag 01.07.2022	Samstag 02.07.2022	Sonntag 03.07.2022
10:30 - 11:15 Rückentraining	10:30 - 11:15 Rückentraining	12:00 - 12:45 REHA	09:00 - 10:00 Fit 50 Plus	10:30 - 11:00 Mobilisation	11:00 - 12:30 Hatha Yoga	10:30 - 11:30 Step
10:30 - 11:15 REHA	17:30 - 18:15 Bodyshape Katja	13:00 - 13:45 Rückentraining	10:15 - 11:00 Rückentraining	11:15 - 12:10 Pilates		12:30 - 13:30 Indoor Cycling
11:30 - 12:30 Pilates	18:30 - 19:30 Dance Mix Katja	17:00 - 17:45 Rückentraining	18:00 - 18:45 Bodyshape Mittwoch	16:30 - 17:30 Bodypump® Christian		
16:30 - 17:30 Bodypump® Bernd	19:40 - 20:40 BodyBalance® Katja	17:00 - 17:45 REHA	18:00 - 19:10 Yoga mit "Rück'sich...	18:30 - 19:30 Qi Gong		
17:45 - 18:45 Body Definition Bernd		18:00 - 18:30 Sixpack	19:00 - 19:45 Rückentraining	19:30 - 20:30 Indoor Cycling		
18:00 - 18:50 Pilates		18:00 - 18:55 BodyBalance® Kim	19:00 - 20:00 Bodypump® Bernd			
18:00 - 19:30 Hatha Yoga		18:35 - 19:05 HIIT Cycling				
19:00 - 19:45 Rücken und Bauch		19:15 - 19:45 Functional XPRESS Dana				
19:00 - 20:00 Zumba Fitness						