

Kursplan

23.10.2017 - 29.10.2017

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| Montag 23.10.2017 | Dienstag 24.10.2017 | Mittwoch 25.10.2017 | Donnerstag 26.10.2017 | Freitag 27.10.2017 | Samstag 28.10.2017 | Sonntag 29.10.2017 |
|---------------------------------|---------------------------------|--------------------------------|---------------------------------|---------------------------------|--------------------|--------------------|
| 08:30 - 09:15 Reha | 10:00 - 10:45 Zirkel | 09:00 - 09:50 Reha | 08:30 - 09:15 Reha | 09:00 - 09:50 Reha | | |
| 09:30 - 10:15 Reha | 10:00 - 10:45 Pilates | 10:00 - 10:45 Bodystyling | 09:30 - 10:15 Rückentraining | 10:30 - 11:15 Rückentraining | | |
| 10:30 - 11:15 Rückentraining | 17:00 - 18:00 Body Balance | 14:00 - 14:45 Reha | 10:30 - 11:15 Reha | 16:15 - 17:00 Zirkel | | |
| 14:00 - 15:10 Yoga | 18:00 - 19:00 Bodystyling | 17:00 - 18:10 Yoga | 17:00 - 18:00 Zumba | 17:30 - 18:00 Bauch | | |
| 17:00 - 18:00 Toning Step | 19:00 - 19:45 Toning Step | 18:10 - 18:30 Bauch | 18:15 - 19:00 Bokwa | 18:00 - 18:45 Zumba | | |
| 18:00 - 19:00 Bodystyling | 19:45 - 21:00 Kampfsport MMA | 18:30 - 19:00 Ruck Zuck Fit | 19:00 - 20:30 Kampfsport MMA | 19:00 - 19:40 Pilates | | |
| | | 19:00 - 19:50 Reha | | | | |

- Ausdauer
- Dance & Fun
- Figur
- Gesundheit
- Kraft

Stand: 23.10.2017