

KURSPLAN



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
10.00 - 11.00 Rücken Fit	9.00 - 9.45 Reha Orthopädie		9.00 - 9.45 Reha Orthopädie	9.00 - 9.45 Reha Orthopädie	10.15 - 11.00 Langhantel- Workout
	10.15 - 11.00 Reha Orthopädie		10.00 - 10.45 Reha Orthopädie	10.00 - 11.00 Rücken Fit	
			15.30 - 16.30 Karate Kids	16.00 - 16.45 Reha Orthopädie	
17.00 - 17.45 Reha Orthopädie	17.00 - 17.45 Reha Orthopädie		17.00 - 17.45 Reha Orthopädie	16.50 - 17.35 Reha Orthopädie	
18.00 - 19.00 Zumba	18.00 - 19.00 Functional Training	18.00 - 18.40 Workout	18.00 - 18.45 Langhantel- Workout	18.00 - 19.00 Functional Training	
19.15 - 20.00 Workout	19.00 - 20.00 Pilates	19.00 - 20.00 HIIT the Beat	19.00 - 19.45 Cycling	19.00 - 20.30 Karate	