

Kursplan

29.04.2024 - 05.05.2024

Montag 29.04.2024	Dienstag 30.04.2024	Mittwoch 01.05.2024	Donnerstag 02.05.2024	Freitag 03.05.2024	Samstag 04.05.2024	Sonntag 05.05.2024
10:20 - 11:05 Rückentraining 10:30 - 11:15 REHA 11:10 - 12:10 Pilates 16:30 - 17:30 Bodypump® 17:45 - 18:45 Body Definition 18:00 - 18:50 Pilates 18:00 - 19:30 Hatha Yoga 19:00 - 19:45 Rücken und Bauch 19:00 - 20:00 Zumba Fitness	09:35 - 10:20 Bodyshape 10:30 - 11:15 Rückentraining 17:00 - 17:45 Bodyshape 17:50 - 18:50 Dance Mix 18:55 - 19:55 Stretch & Relax	10:30 - 11:30 Qi Gong 12:00 - 12:45 Rückentraining 13:00 - 13:45 REHA 17:00 - 17:45 Rückentraining 17:00 - 17:45 REHA 18:00 - 18:30 Sixpack 18:00 - 18:55 BodyBalance® 18:40 - 19:10 HIIT Cycling 19:15 - 19:45 Functional XPRESS	09:00 - 10:00 Fit 50 Plus 10:15 - 11:00 Rückentraining 18:00 - 18:45 Bodyshape 19:00 - 19:45 Rückentraining 19:00 - 20:00 Bodypump®	10:30 - 11:00 Mobilisation 10:30 - 11:15 REHA Sport 11:00 - 12:00 Pilates 12:00 - 12:45 Rückentraining 16:30 - 17:30 Bodypump®	11:00 - 12:30 Hatha Yoga	10:30 - 11:30 Step 11:35 - 12:20 Bodyshape