

Kursplan

25.05.2020 - 31.05.2020

Montag 25.05.2020	Dienstag 26.05.2020	Mittwoch 27.05.2020	Donnerstag 28.05.2020	Freitag 29.05.2020	Samstag 30.05.2020	Sonntag 31.05.2020
09:00 - 09:30 Reha-Rücken	08:15 - 09:15 BALLance	09:00 - 10:00 Reha-Rücken	08:30 - 09:00 BALLance	09:00 - 10:00 Reha-Rücken		
10:00 - 10:45 Yoga Sensitiv	09:00 - 10:00 Reha-Rücken	10:00 - 11:15 Yin Yoga	09:00 - 10:00 Reha-Rücken	10:00 - 11:00 Spinning		
17:00 - 18:00 Spinning	17:45 - 18:45 Bodypump	10:00 - 11:00 Pilates	16:30 - 17:30 Reha-Rücken	10:30 - 11:20 Yoga		
17:15 - 17:45 Faszien-Fit	19:00 - 20:00 Box-Athletics	16:30 - 18:00 Sport- & Spielkiste...	17:30 - 18:30 myline Ernährung	17:15 - 18:15 Bodypump		
18:00 - 19:00 CXWORX	19:00 - 20:00 BodyBalance	17:45 - 18:45 Bodypump	17:45 - 18:45 Zumba	18:30 - 19:30 Pilates		
18:35 - 19:35 Cardio Express		18:45 - 19:45 CXWORX	18:45 - 19:45 Pilates			
19:15 - 20:15 Yoga		19:00 - 20:00 Reha-Rücken				
19:30 - 20:30 Spinning		19:30 - 20:30 Yoga				