



UNSER KURSPLAN

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
08:15			REHA-Sport	Yoga		
09:15	Rücken-Fitness	Body Shape	For ever FIT	REHA-Sport		
10:15	REHA-Sport	REHA-Sport		REHA-Sport		Indoor Cycling
16:00		Yoga			Vitalzirkel	
16:30		REHA-Sport				
17:00			Step Aerobic		Body Power	
17:30	ZUMBA	Body Power				
18:00			Indoor Cycling	REHA-Sport		
18:30	STRONG <small>(by Zumba)</small>	Yoga			ZUMBA	
19:00			REHA-Sport	Pilates		
19:30	REHA-Sport	Bellicon				