

# KURSPLAN

## MONTAG

**BODY WORKOUT 16.15 – 17.15**

**RÜCKEN FIT 17.30 – 18.30**

**REHA SPORT 18.45 – 19.45**

## DIENSTAG

**BODY FIT 9.30 – 10.30**

**REHA SPORT 10.45 – 11.45**

**REHA SPORT 13.00 – 14.00**

**REHA SPORT 14.30 – 15.30**

**REHA SPORT 16.00 – 17.00**

**MASSE FIT 17.15 – 18.15**

## MITTWOCH

**REHA SPORT 9.45 – 10.45**

**REHA SPORT 10.50 – 11.50**

## DONNERSTAG

**REHA SPORT 9.30 – 10.30**

**REHA SPORT 10.50 – 11.50**

**REHA SPORT 16.00 – 17.00**

**REHA SPORT 17.15 – 18.15**

**PILATES 18.30 – 19.30**