

KURSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

BODY FIT 9.30 – 10.30

REHA SPORT 10.45 – 11.45

REHA SPORT 9.45 – 10.45

REHA SPORT 10.50 – 11.50

BAUCH/BEINE/PO 16.15 – 17.15

REHA SPORT 16.00 – 17.00

REHA SPORT 16.00 – 17.00

STEP 17.30 – 18.30

MASSE FIT 17.15 – 18.15

YOGA 17.00 – 18.00

REHA SPORT 17.15 – 18.15

REHA SPORT 18.45 – 19.45

PILATES 18.30 – 19.30