

Kursplan

Montag

Dienstag

Mittwoch

Donnerstag

BauchBeinePo	16:30 – 17:15	BodyFit	09:30 – 10:45	RückenFit	17:30 – 18:15	Rehasport	09:45 – 10:45
Step	17:30 – 18:15	Rehasport	10:50 – 11:50	RückenFit	18:30 – 19:15	Rehasport	10:50 – 11:50
Rehasport	19:00 – 20:00	Rehasport	16:00 – 17:00			Rehasport	16:00 – 17:00
		MasseFit	17:30 – 18:15			Rehasport	17:15 – 18:15
		Spinning	18:30 – 19:15			Bodystyling	18:30 – 19:15