












# Kursplan

(gültig ab 01.10.2018)

	Montag	Dienstag	Mittwoch	Donnerstag
<b>Vormittags</b>	<p><b>Reha Sport</b> 9.00 - 9.45 </p> <p><b>Wake-Up-Moves</b> 10.00 - 11.00</p>	<p><b>Prävention</b> 09.00 - 10.00 </p>	<p><b>Reha Sport</b> 9.00 - 9.45 </p> <p><b>Fit for Life</b> 10.00 - 11.00</p>	<p><b>Reha Sport</b> 9.15 - 10.00 </p> <p><b>Reha Sport</b> 10.15 - 11.00 </p> <p><b>Stay Active</b> 11.00 - 12.00</p>
<b>Nachmittags/ abends</b>	<p><b>Reha Sport</b> 17.00 - 17.45 </p> <p><b>Functional Boxen</b> 17.45 - 18.30</p> <p><b>SPINNING®</b> 18.30 - 19.15</p> <p><b>Reha Sport</b> 19.15 - 20.00 </p>	<p><b>Reha Sport</b> 17.00 - 17.45 </p> <p><b>Rückenfit</b> 17.45 - 18.45</p> <p><b>Reha Sport</b> 19.00 - 19.45 </p>	<p><b>Surprise</b> 17.45 - 18.30</p> <p><b>Body Push</b> 18.30 - 19.15</p>	<p><b>Reha Sport</b> 16.45 - 17.30 </p> <p><b>Body Express</b> 17.30 - 18.30</p> <p><b>SPINNING®</b> 18.30 - 19.30</p> <p><b>Reha Sport</b> 19.30 - 20.15 </p>

