







Kursplan

(gültig ab 01.10.2020)

	Montag	Dienstag	Mittwoch	Donnerstag
Vormittags	Reha Sport 9.15 - 10.00  Wake-Up-Moves 10.00 - 11.00	Reha Sport 9.15 - 10.00 	Reha Sport 9.15 - 10.00  Wake-Up-Moves 10.00 - 11.00	Reha Sport 9.15 - 10.00  Stay Active 11.00 - 12.00
Nachmittags/ abends	Reha Sport 17.00 - 17.45  Functional Fitness/ TRX® 18.00 - 19.00 SPINNING® 19.00 - 20.00	 Ultimativer Allrounder 18.00 - 19.00 Reha Sport 19.00 - 19.45 	Rückenfit 17.00 - 18.00 Functional Workout 18.00 - 19.00 SPINNING® 19.00 - 20.00	Reha Sport 17.00 - 17.45  Body Express 18.00 - 19.00

