











# Kursplan

(gültig ab 01.07.2022)

	Montag	Dienstag	Mittwoch	Donnerstag
<b>Vormittags</b>	<p><b>Reha Sport</b> 9.15 - 10.00 </p> <p><b>Wake-Up-Moves</b> 10.00 - 11.00</p>	<p><b>Reha Sport</b> 9.15 - 10.00 </p> <p><b>Reha Sport</b> 10.00 - 10.45 </p>	<p><b>Reha Sport</b> 9.15 - 10.00 </p> <p><b>Wake-Up-Moves</b> 10.00 - 11.00</p>	<p><b>Reha Sport</b> 9.15 - 10.00 </p> <p><b>Reha Sport</b> 10.00 - 10.45 </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 Fitness/ TRX®</b> 18.00 - 19.00</p> <p><b>SPINNING®</b> 19.00 - 20.00</p>	<p><b>Rückenfit</b> 18.00 - 19.00</p> <p><b>Reha Sport</b> 19.00 - 19.45 </p>	<p><b>Reha Sport</b> 16.30 - 17.15 </p> <p><b>SPINNING®</b> 18.00 - 19.00</p> <p><b>Functional Workout</b> 19.00 - 20.00</p>	<p><b>Reha Sport</b> 17.00 - 17.45 </p> <p><b>Body Express</b> 18.00 - 18.30</p> <p><b>Yoga</b> 18.30 - 20.00</p>



