











Kursplan

(gültig ab 01.07.2022)

	Montag	Dienstag	Mittwoch	Donnerstag
Vormittags	Reha Sport 9.15 - 10.00 	Reha Sport 9.15 - 10.00 	Reha Sport 9.15 - 10.00 	Reha Sport 9.15 - 10.00 
	Wake-Up-Moves 10.00 - 11.00	Reha Sport 10.00 - 10.45 	Mobilisation & Stretching 10.15 - 11.00	Reha Sport 10.00 - 10.45 
				Stay Active 11.00 - 12.00
Nachmittags/ abends	Reha Sport 17.00 - 17.45 		Reha Sport 16.30 - 17.15 	Reha Sport 17.00 - 17.45 
	Functional Fitness/ TRX® 18.00 - 19.00	Rückenfit 18.00 - 19.00	SPINNING® 18.00 - 19.00	Body Express 18.00 - 18.30
	SPINNING® 19.00 - 20.00	Reha Sport 19.00 - 19.45 	Functional Workout 19.00 - 20.00	Yoga 18.30 - 20.00

