











Kursplan

(gültig ab 01.07.2022)

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

