

## FITNESS-KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.00 - 09.45 REHA SPORT		09:30 - 10:15 REHA SPORT	09.00 - 09.45 REHA SPORT	09:30 - 10:15 REHA SPORT	Samstags finden derzeit keine Kurse statt.	10:00 - 11:00 ZUMBA FITNESS
10:00 - 11:00 PILATES		10:30 - 11:15 REHA SPORT	10.00 - 10.45 REHA SPORT	10:30 - 11:15 REHA SPORT		11:15 - 12:15 INDOOR CYCLING
		11.30 - 12.15 REHA SPORT	11:00 - 12:00 INDOOR CYCLING	11.30 - 12.15 REHA SPORT		
16:30 - 17:30 PILATES	16:45 - 17:30 REHA SPORT	16:45 - 17:30 REHA SPORT	16:30 - 17:15 REHA SPORT			
17:45 - 18:45 JUMPING FIT	17:45 - 18:45 INDOOR CYCLING	17:45 - 18:30 BODY XPRESS	18:00 - 19:00 <b>LES MILLS BODY PUMP</b>	17:30 - 18:30 YOGA		
19:00 - 20:00 <b>LES MILLS BODY PUMP</b>	19:00 - 19:45 Dance- Beat Blast	18:30 - 19:15 JUMPING FIT	19:00 - 19:30 <b>LES MILLS BODY ATTACK</b>			
	19:45 - 20:45 Zumba	19:30 - 20:30 Ganzkörper- Workout	19:30 - 20:30 <b>LES MILLS BODY BALANCE</b>			