

FITNESS-KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.00 - 09.45 REHA SPORT		09:15 - 10:15 GET BALANCED		09:15 - 10:15 GET BALANCED	Samstags finden derzeit keine Kurse statt.	10:00 - 11:00 ZUMBA FITNESS
10:00 - 10:45 GET BALANCED PLUS		10:30 - 11:15 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			
16:30 - 17:30 GET BALANCED	16:45 - 17:30 GET FIT	16:45 - 17:30 REHA SPORT	16:45 - 17:30 GET FIT	16:30 - 17:15 REHA SPORT		
17:45 - 18:45 JUMPING FIT	17:45 - 18:45 INDOOR CYCLING	17:45 - 18:30 BODY XPRESS	17:45 - 18:45 GET STRONG	17:30 - 18:30 GET STRETCHED		
19:00 - 20:00 GET STRONG	19:00 - 19:45 Dance- Beat Blast	18:30 - 19:15 JUMPING FIT	19:00 - 19:45 GET BALANCED PLUS			
	19:45 - 20:45 Zumba	19:30 - 20:10 GET FIT PLUS				