



## FITNESS-KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.00 - 09.45		09:15 - 10:15		09:15 - 10:15		
REHA SPORT		GET BALANCED		GET BALANCED		
10:00 - 10:45		10:30 - 11:15		10:30 - 11:15		10:00 - 11:00
GET BALANCED PLUS		REHA SPORT		REHA SPORT		ZUMBA FITNESS
		11:30 - 12:15	11:00 - 12:00			11:15 - 12:15
		REHA SPORT	INDOOR CYCLING			INDOOR CYCLING
16:30 - 17:30	16:45 - 17:30	16:45 - 17:30	16:45 - 17:30	16:30 - 17:15		
GET BALANCED	GET FIT	REHA SPORT	GET FIT	REHA SPORT		
17:45 - 18:45	17:45 - 18:45	18:00 - 18:45	17:45 - 18:45	17:30 - 18:30		
JUMPING FIT	INDOOR CYCLING	JUMPING FIT	GET STRONG	GET STRETCHED		
19:00 - 20:00	19:00 - 19:45		19:00 - 19:45			
GET STRONG	Dance- Beat Blast		GET BALANCED PLUS			
	19:45 - 20:45	19:30 - 20:10				
	Zumba	GET FIT PLUS				