


KURSPLAN



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09:00-10:00 Nordic-Walking	09:15-10:15 Aerobic	09:10-10:05 Kraftaufbau und Stretching	09:15-10:15 Step-Aerobic	09:30-10:30 Pilates	
09:10-10:05 Rehasport	10:30-11:25 Rehasport	10:10-11:05 Rehasport	10:30-11:25 Rehasport	10:35-11:30 Reha Pilates	
10:15-11:00 PMR-Entspannung	11:30-12:25 Rehasport	11:10-12:05 Rehasport	11:30-12:25 Rehasport	11:40-12:35 Rehasport	
11:05-12:00 Rehasport Sitzgymnastik					15:00-15:55 
15:45-16:40 Rehasport	15:30-16:25 Rehasport	16:00-16:55 Rehasport Sitzgymnastik	16:00-16:55 Rehasport Sitzgymnastik	16:00-16:55 Rehasport	16:00-16:55 Langhantel-Workout
16:45-17:40 Rehasport	16:30-17:25 Rehasport	17:00-17:55 Rehasport	17:00-17:55 Rehasport	17:00-17:55 Rehasport	
17:50-18:50 Pilates	18:00-18:55 Aerobic Level 1	18:00-18:55 Rehasport		18:00-19:00 Iron Workout	
19:00-20:00 Aerobic Fatburner	19:00-20:00 Body-Workout	19:00-20:00 Langhantel-Workout	19:00-19:55 Rehasport		
20:05-21:00 Rehasport	20:05-21:00 Rehasport	20:00-21:00 Tai bo	20:00-20:55 Rehasport		