

KURSPLAN

MONTAG

BODY WORKOUT 16.15 – 17.15

RÜCKEN FIT 17.30 – 18.30

REHA SPORT 18.45 – 19.45

DIENSTAG

BODY FIT 9.30 – 10.30

REHA SPORT. 10.45 – 11.45

REHA SPORT 16.00 – 17.00

MASSE FIT 17.15 – 18.15

MITTWOCH

REHA SPORT 9.45 – 10.45

REHA SPORT 10.50 – 11.50

YOGA 17.00 – 18.00

DONNERSTAG

REHA SPORT 9.45 – 10.45

REHA SPORT 10.50 – 11.50

REHA SPORT 16.00 – 17.00

REHA SPORT 17.15 – 18.15

PILATES 18.30 – 19.30