

K U R S P L A N

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Rehasport 8:00 - 8:45 Mobility 9:00 - 9:45	Rehasport 8:20 - 9:05	Zirkeltraining 9:00 - 9:45	Rehasport 8:20 - 9:05	Rehasport 8:00 - 8:45
	 	Rehasport 10:10 - 10:55		
Pilates 10:00 - 10:45 Zirkeltraining 11:00 - 11:45	Rehasport 14:10 - 14:55 17:10 - 17:55		Rehasport 15:10 - 15:55 17:10 - 17:55	Zirkeltraining 9:00 - 9:45
Rückentraining 18:10 - 18:55 Rehasport 19:00 - 19:45	Zirkeltraining 18:00 - 18:45	Rehasport 19:00 - 19:45	Zirkeltraining 18:00 - 18:45 Rehasport 19:10 - 19:55	Yoga 10:00 - 10:45

Physio-Aktiv - Arnoldstr. 5
 73614 Schorndorf
 Deutschland
 E-Mail: info@p-aktiv.de
 Tel.: 07181253232