

09:00 – 09:45
Bauch Beine Po

10:00 – 11:00
Rücken- Schulterfit
+ Entspannung

10:00 – 11:00
Faszienkurs

17:10 – 17:55
Bauch Beine Po

18:05 – 19:00
Body Combat

18:20 – 19:05
Indoor Cycling

19:15 – 20:15
Yoga

19:15 – 20:00
Indoor Cycling

09:15 – 10:00
§44 Rehasport*

10:15 – 11:00
§44 Rehasport*

11:15 – 12:00
§44 Rehasport*

15:15 – 16:00
§44 Rehasport*

17:20 – 18:05
fle.xx
Wirbelsäulengym.

18:30 – 19:15
Step Aerobic

18:15 – 19:00
Indoor Cycling

19:20 – 20:20
Body Pump

09:00 – 10:00
Body Pump

10:15 – 11:15
Rücken- Schulterfit
+ Entspannung

10:15 – 11:15
Body Balance

16:15 – 17:10
Body Balance

17:15 – 18:15
Body Pump

**17:40 – 18:25 &
18:35 – 19:20**
Indoor Cycling

18:30 – 19:25
Body Combat

19:30 – 20:15
§44 Rehasport*

09:15 – 10:00
§44 Rehasport*

15:15 – 16:00
§44 Rehasport*

16:15 – 17:00
§44 Rehasport*

17:00 – 18:00
Faszienkurs

09:00 – 10:00
Pilates

09:00 – 09:45
Indoor Cycling

10:15 – 11:15
Body Balance

10:00 – 10:45
Rücken-Schulterfit

16:20 – 17:05
Indoor Cycling

17:15 – 17:35
Bauchtraining

17:45 – 18:45
Body Pump

09:45 – 10:45
Yoga

11:00 – 12:00
Body Combat

12:15 – 13:15
Body Pump

11:15 – 11:35
Bauchtraining

11:45 – 12:45
Body Pump

13:00 – 13:45
Indoor Cycling

**Kursplan gültig ab
08.02.2019**

***nur mit Anmeldung**