

# Kursprogramm

gültig ab 17.06.2019

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
				9.00 Flow		
10.00 WORKOUT	9.30 ZUMBA®	9.30 WS-GYM	9.30 Jumping®	10.00 PILATES	10.00 WS-GYM	10.00 YOGA (90 min.)
11.00 REHA-SPORT**	10.30 WORKOUT + Rückenfit	10.30 FIT FOR LIFE	10.30 WS-GYM		11.00 Jumping®	10.30 SHAPE
11.45 REHA-SPORT**		11.30 REHA-SPORT**				11.30 CYCLING
		15.45 REHA-SPORT**	15.45 REHA-SPORT**			
		16.30 REHA-SPORT**	16.30 REHA-SPORT**	17.00 YOGA (90 min.)		
17.00 SHAPE	17.15 Jumping®	17.15 Jumping®	17.15 Jumping®	17.30 SHAPE		
17.45 Jumping®	17.30 WORKOUT	18.00 SHAPE	18.00 WORKOUT	18.00 PILATES		
18.00 WS-GYM	18.30 STEP&STYLE	18.30 YOGA	18.00 PILATES	18.30 CYCLING		
18.00 CYCLING	18.30 SHAPE	19.00 CYCLING	19.00 STEP&STYLE Easy Power			
19.00 Jumping®	19.30 WS-GYM		19.00 ZUMBA®			
19.45 REHA-SPORT**	19.30 CYCLING					

