## **KURSPLAN**



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00 - 10:00 Core & more	09:00 - 09:45 Reha-Sport			09:00 - 10:00 Fithit		
10:00 - 11:00 Fithit	10:00 - 10:45 Reha-Sport		10:00 - 11:00 Zirkel	10:00 - 11:00 Core & more		10:15 - 10:45 Strong Nation
	11:00 - 11:45 Reha-Sport		11:30 - 12:15 Reha-Sport			11:00 - 12:00 Zumba
	12:00 - 12:45 Reha-Sport		12:30 - 13:15 Reha-Sport			
16:00- 16:45 Reha-Sport			16:00 - 16:45 Reha-Sport			
17:00 - 17:45 Reha-Sport	17:00 - 18:00 Pilates		17:00 - 17:45 Reha-Sport			
18:00 - 19:00 FitBoxen	18:00 - 19:00 Zumba	18:00 - 18:45 Reha-Sport	18:00 - 18:45 Reha-Sport	18:00 - 19:00 FitBoxen/ Selbstverteidigung		
	19:30 - 20:15 Reha-Sport	19:00 - 19:45 Yoga	18:15 - 19:15 Functional Fitness	19:00 - 20:00 Bauch/Beine/Po		