



# KURSPLAN



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		08:30 - 09:15 Reha-Sport				
09:30 - 10:30 Fit ab 50		09:15 - 10:00 Reha-Sport		09:30 - 10:30 Rückbildungsgymn.		
		10:00 - 10:45 Reha-Sport				
		10:45 - 11:30 Reha-Sport				
				17:00 - 17:45 Reha-Sport		
19:00 - 20:00 Zumba	19:00 - 20:00 Bauch Beine Po	19:00 - 20:00 Body Workout		17:45 - 18:30 Reha-Sport		
20:00 - 21:00 Spinning	20:00 - 21:00 Piloxing	20:00 - 21:00 Power Fitness		18:30 - 19:15 Reha-Sport		