

# Kursplan

03.10.2022 - 09.10.2022

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Montag 03.10.2022	Dienstag 04.10.2022	Mittwoch 05.10.2022	Donnerstag 06.10.2022	Freitag 07.10.2022	Samstag 08.10.2022	Sonntag 09.10.2022
08:15 - 09:00 Reha-Sport	10:00 - 10:45 Reha-Sport	09:30 - 10:15 Fitness-Zirkel	18:00 - 19:00 Pump it	10:00 - 10:45 Reha-Sport		
09:00 - 09:30 TRX 50+	17:45 - 18:30 Reha-Sport	10:30 - 11:15 Reha-Sport	19:00 - 19:45 Pilates	17:30 - 18:15 Reha-Sport		
09:30 - 10:00 Faszientraining	18:30 - 19:15 BOP	17:30 - 18:00 HWS / Schulter		18:30 - 19:15 Zumba		
10:00 - 11:00 Reha-Sport/Rückensc...	19:15 - 19:45 TRX	18:00 - 18:30 Hüfte / Knie				
17:15 - 18:00 Reha-Sport	19:15 - 20:00 Reha-Sport	18:30 - 19:15 Reha-Sport				
18:00 - 19:00 Reha-Sport/Rückensc...		19:30 - 20:30 Yoga				
19:00 - 20:00 Zumba						
19:00 - 20:00 Cycling						

- BOP
- Cycling
- Faszientraining
- Fitness-Zirkel
- Functional Train...
- HWS / Schulter
- Hüfte / Knie
- PUMP it
- Pilates
- Reha-Sport
- TRX
- Yoga
- Zumba

Stand: 06.10.2022