

UNSER AKTUELLER **KURSPLAN**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10.00 - 11.00 Rücken Fit	9.00 - 9.45 Reha Orthopädie	17.00 - 18.00 Functional Training	9.00 - 9.45 Reha Orthopädie	9.00 - 9.45 Reha Orthopädie	10.30 - 12.00 Karate	10.15 - 11.00 Langhantel- Workout
17.00 - 17.45 Reha Orthopädie	10.15 - 11.00 Reha Orthopädie	18.00 - 18.50 Workout	15.30 - 16.30 Karate Kids	10.00 - 11.00 Rücken Fit		
18.00 - 18.40 Workout	17.00 - 17.45 Reha Orthopädie	19.00 - 20.00 HIIT the Beat	17.00 - 17.45 Reha Orthopädie	16.45 - 17.30 Reha Orthopädie		
19.00 - 19.45 Cycling	18.00 - 19.00 Functional Training		17.00 - 18.00 Functional Training	17.00 - 17.45 Functional Training		
20.00 - 21.00 Functional Training	19.00 - 20.00 Pilates		18.00 - 18.45 Langhantel- Workout	19.00 - 20.30 Karate		
			19.00 - 19.45 Cycling			