



KURSPLAN 2023

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
	Reha-Fit 10:30 - 11:30			Reha-Fit 10:00 - 11:00
Reha-Fit 18:30 - 19:15	Reha-Fit 18:30 - 19:15	Bodystyling Intervall 18:00 - 19:00	Indoor Cycling 18:00 - 19:00	
		Easy Fatburn Step 19:00 - 19:45	All Body Workout 19:00 - 20:00	
	QiGong 19:30 - 20:30	Bauch- Beine-Po 19:45 - 20:15	Surprise Mix 20:00 - 20:30	