

UNSERE KURSWELT

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---------------------------------|---|---------------------------------|--|----------------------------------|---|---------------------------------|
| | | | REHA-SPORT** 9:00 - 9:45 | | AMERICAN FITNESS WORKOUT 10:00 - 11:00 | ZUMBA® FITNESS 11:00 - 12:00 |
| JUMPING* 10:00 - 11:00 | | | REHA-SPORT** 10:00 - 10:45 | REHA-SPORT** 15:00 - 15:45 | LANGHANTEL WORKOUT 11:00 - 12:00 | |
| REHA-SPORT** 16:00 - 16:45 | REHA-SPORT** 16:30 - 17:15 | | REHA-SPORT** 11:00 - 11:45 | REHA-SPORT** 16:00 - 16:45 | MOBILITY 12:00 - 13:00 | |
| REHA-SPORT** 16:45 - 17:30 | REHA-SPORT** 17:15 - 18:00 | STREETWORKOUT 16:30 - 18:00 | JUMPING* 17:00 - 18:00 | LES MILLS® GRIT 17:30 - 18:00 | | |
| FITNESS BOXING 18:00 - 19:30 | LES MILLS® GRIT 18:00 - 18:30 | ZUMBA® FITNESS 18:00 - 19:00 | BAUCH X-TREME 18:00 - 18:30 | ZUMBA® FITNESS 18:00 - 19:00 | | |
| STREETWORKOUT 19:30 - 20:30 | JUMPING* 18:30 - 19:30 | | BOXING (ONLY FOR WOMEN) 18:30 - 20:00 | | | |
| | LES MILLS® BODYBALANCE 19:30 - 20:30 | FITNESS BOXING 20:00 - 21:30 | LANGHANTEL WORKOUT 20:00 - 21:00 | | | |

*Diese Kurse sind zu reservieren auf: booking.redfitness.de | **Teilnahme nur mit einer Verordnung 56 | ***Der Kurs findet auf der Trainingsfläche statt