

SCHWERTE

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
REHA-SPORT** 9:15 - 10:00	YOGA 8:30 - 10:00	REHA-SPORT** 9:00 - 09:45	REHA-SPORT** 8:45 - 09:30	STEP ENERGY 10:00 - 11:00	JUMPING* 9:45 - 11:00	BALANCE/STEP COMBO 10:00 - 11:00
PILATES 10:00 - 11:00	ZUMBA FITNESS 10:00 - 11:00	REHA-SPORT** 9:45 - 10:30	50 PLUS 09:30 - 10:30	HOT IRON I 11:00 - 11:45	ZUMBA FITNESS 11:00 - 12:00	HOT IRON II 11:00 - 12:00
BODYSTYLING 11:00 - 12:00	BODYSTYLING 11:00 - 11:45	REHA-SPORT** 10:30 - 11:15	BAUCH & RÜCKEN X-PRESS MIT FASZIEN TRAINING	STRETCH & RELAX 11:45 - 12:15	STRONG BY ZUMBA 12:00 - 13:00	
REHA-SPORT** 12:00 - 12:45		REHA-SPORT** 11:15 - 12:00	10:30 - 11:15		REHA-SPORT** 14:00 - 14:45	
				REHA-SPORT** 15:00 - 15:45	REHA-SPORT** 14:45 - 15:30	
BAUCH X-TREME 17:00 - 17:30	REHA-SPORT** 17:00 - 17:45		BODYSTYLING 17:00 - 18:00	REHA-SPORT** 15:45 - 16:30		
HOT IRON I 17:30 - 18:30	REHA-SPORT** 17:45 - 18:30	BAUCH X-TREME 17:30 - 18:00	ZUMBA FITNESS 18:00 - 19:00	HIIT 16:30 - 17:30		
STEP ENERGY 18:30 - 19:30	BODYWORKOUT 18:30 - 20:00	HOT IRON II 18:00 - 19:00	YOGA 19:00 - 20:00	CYCLING* 18:00 - 19:00		
CYCLING* 19:45 - 20:45	ZUMBA FITNESS 20:00 - 21:00	TAE BO 19:00 - 20:00	TAE BO 20:00 - 21:00			
	BLACKROLL*** 20:00 - 20:30	JUMPING* 20:00 - 21:00	BLACKROLL*** 20:00 - 20:30			

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