

UNSERE KURSWELT

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
REHA-SPORT** 9:15 - 10:00	ASHTANGA YOGA 8:30 - 10:00	REHA-SPORT** 9:00 - 09:45	REHA-SPORT** 8:45 - 09:30	BODY PYRAMID 10:00 - 11:00	JUMPING* 09:45 - 10:45	DYNAMIC FLOW 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	EASY STEP (FATBURNER) 11:15 - 12:00	LANGHANTEL-WORKOUT 11:00 - 12:00	ZUMBA FITNESS 11:00 - 12:00
BODYSTYLING 11:00 - 12:00	BODYSTYLING 11:00 - 12:00	REHA-SPORT** 10:30 - 11:15	RÜCKEN FIT 10:30 - 11:00		REHA-SPORT** 12:00 - 12:45	
REHA-SPORT** 12:00 - 12:45				REHA-SPORT** 15:00 - 15:45	REHA-SPORT** 12:45 - 13:30	
				REHA-SPORT** 15:45 - 16:30		
BAUCH X-TREME 17:00 - 17:30	REHA-SPORT** 17:00 - 17:45		BODYSTYLING 17:00 - 18:00	HIIT 16:30 - 17:30		
LANGHANTEL-WORKOUT 17:30 - 18:30	REHA-SPORT** 17:45 - 18:30	BAUCH X-TREME 17:30 - 18:00	ZUMBA FITNESS 18:00 - 19:00	CYCLING* 18:00 - 19:00		
TAE BO 18:45 - 19:45	FATBURNER 18:30 - 19:30	BODYWORKOUT 18:00 - 19:00	ASHTANGA YOGA 19:00 - 20:00			
CYCLING* 19:45 - 20:45		JUMPING* 19:00 - 20:00				

Die Kursanmeldung erfolgt ausschließlich über die NoExcuse App | **Teilnahme nur mit einer Verordnung 56