

Kursplan Life Fitness & Health

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	9:30 – 10:15 Rehasport <i>Alessandra</i>	9:15 – 10:00 Rehasport <i>Alessandra</i>		9:00 – 10:00 Walking (Outdoor) <i>Alessandra</i>
10:00 – 11:00 Cycling <i>Dominik</i>	10:30 – 11:15 Rehasport <i>Alessandra</i>	10:15 – 11:15 Wirbelsäule <i>Alessandra</i>		10:00 – 11:45 Rehasport <i>Alessandra</i>
		11:15 – 12:00 Body Styling <i>Alessandra</i>		11:00 – 11:00 Cycling <i>Dominik</i>
18:00 – 18:45 Rehasport <i>Alessandra</i>			18:00 – 18:45 Rehasport <i>Alessandra</i>	
19:00 – 20:00 Wirbelsäule <i>Alessandra</i>	18:30 – 19:30 Cycling <i>Dominik</i>	17:30 – 18:30 MoveYa Faszien&More <i>Anja</i>	19:00 – 19:45 Rehasport <i>Alessandra</i>	17:30 – 18:30 Pilates <i>Vanessa</i>
20:00 – 21:00 Body Styling <i>Alessandra</i>		18:30 – 19:30 Yoga <i>Anja</i>	19:45 – 20:45 Cycling <i>Anja</i>	

