

Kursplan Life Fitness & Health

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	9:30 – 10:15 Rehasport	9:15 – 10:00 Rehasport		
10:00 – 11:00 Cycling	10:30 – 11:15 Rehasport	10:15 – 11:15 Wirbelsäule		10:00 – 11:00 Cycling
		11:15 – 12:00 Body Styling		
18:00 – 18:45 Rehasport			18:00 – 18:45 Rehasport	
19:00 – 20:00 Wirbelsäule	18:30 – 19:30 Cycling	18:00 – 19:00 MoveYa	19:00 – 19:45 Rehasport	
20:00 – 21:00 Body Styling		19:00 – 20:00 Yoga	18:30 – 19:30 Cycling	

Life Fitness & Health – In der Gibitzen 5 – 90530 Wendelstein

