

Kursplan Fitness, Gesundheit u. Entspannung

Kursplan Fitness, Gesundheit u. Entspannung

	Montag			Dienstag			Mittwoch	
EXTERN/EG	1 OG	2 OG	EXTERN/EG	1 OG	2 OG	EXTERN/EG	1 OG	2 OG
		Pilates 09:00 - 10:00 Reha Onko 10:00 - 10:45 Reha Ortho 11:00 - 11:45 Reha Hocker 11:45 - 12:30 Rückbildung 13:00 - 14:00		Eltern-Kind 09:30 - 10:30 Eltern-Kind 10:30 - 11:30	Prävention 10:00 - 11:00 Reha Ortho 11:30 - 12:15	Yoga Entspannungsraum 09:45 - 11:15	Eltern-Kind 09:30 - 10:30	Reha Ortho 09:15 - 10:15 Qigong 10:00 - 11:15 Reha Ortho 11:15 - 12:15
	Indoor Cycling 11:40 - 12:40			HipHop 16:00 - 17:00	Reha Ortho 16:00 - 16:45	Pilates 16:00 - 17:00	Lebenshilfe 16:00 - 17:00	Reha Ortho 16:00-16:45
Breath Walk Hilda-H. Outdoor 18:00 - 19:30	Prävention 17:00 - 18:00	Yoga 16:30 - 18:00	Flying-Pilates 17:00 - 18:00	HipHop 17:00 - 18:00		Flying-Pilates 17:15 - 18:15		Prävention 17:00 - 18:00
Nordic Walking Hackenberg Outdoor 18:30 - 20:00	Bodystyle 18:00 - 19:00	Danceaerobic 18:00 - 19:30	Yoga Entspannungsraum 18:10 - 19:40	Qigong 18:15 - 19:15	Yoga 17:55 - 19:25		FBI 18:00 - 19:00	Jumping 18:00 - 19:00
Pilates Rögy 19:00 - 20:00	Reha Ortho 20:00 - 20:45	Jumping 19:30 - 20:30	Qigong Garten Outdoor 19:45 - 20:45	Indoor Cycling 19:35 - 20:35	Jumping 19:30 - 20:30		Intervall-Calisth. 19:05 - 20:05	Pound 19:00 - 20:00
							Indoor Cycling 20:05 - 21:05	Jumping 20:00 - 21:00
	Fitness und Power		Gesundheit & Entspannung		Rehasport	Tanz		Kinder/Jugend

Kursplan Fitness, Gesundheit u. Entspannung

Kursplan Fitness, Gesundheit u. Entspannung

Donnertag

Freitag

Wochenende + Wasser

EXTERN/EG	1 OG	2 OG	EXTERN/EG	1 OG	2 OG	SAMSTAG	SONNTAG	WASSER
	Pilates 08:30 - 09:30	Prävention 09:00 - 10:00		Reha Ortho 09:00 - 09:45	Reha Hocker 09:00 - 09:45			
	Reha Ortho 11:00 - 11:45			Reha Ortho 09:45 - 10:30	Bodystyle 10:00 - 11:00	Jump4it 10:00 - 11:00		
					Reha Neuro 11:00 - 11:45		Kindergeburtstag 11:00 - 14:00	
	Eltern-Kind 15:30 - 16:30					Standardtanz 12:00 - 13:15		
	HipHop 17:00 - 18:00	Fatburner+Step 17:30 - 18:30			Yoga 15:30 - 17:00	Kindergeburtstag 15:00 - 18:00	Kindergeburtstag 15:00 - 18:00	Reha Wasser H2O Di: 15:00 - 15:45
Kundalini-Yoga Rögy 17:45 - 19:15	Yoga 18:00 - 19:00	Pilates 18:30 - 19:30		Reha Ortho 17:40 - 18:25	Jumping 17:30 - 18:30			Reha Wasser Sportbad Sa: 15:00 - 15:45
Aeria-Yoga 19:00 - 20:00	Zumba 19:00 - 20:00	Nordic Walking Hackenberg Outdoor 18:45 - 19:45		Indoor Cycling 18:35 - 19:35	Bouncing 18:30 - 19:30		Indoor Cycling 18:00 - 19:00	Reha Wasser H2O Mo: 18:00 - 18:45
		Fatburner+Body. 19:30 - 20:30						Reha Wasser H2O Di: 18:00 - 18:45

Fitness und Power

Gesundheit & Entspannung

Rehasport

Tanz

Kinder/Jugend