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Montag	Dienstag	Mittwoch	Donnerstag	Freitag
<p>9.00 - 9.55 Fascien Fitness</p> <p>Katrin</p>	<p>9.00 - 9.45 Rehasport</p> <p>Bahar</p>	<p>9.00 - 9.55 Body-Fit-Workout</p> <p>Maria</p>	<p>9.00 - 9.45 Rehasport</p> <p>Anna</p>	<p>9.00 - 9.55 Rücken - Fit</p> <p>Brigitte</p>
<p>10.00 - 10.45 Rehasport light</p> <p>Katrin</p>		<p>10.00 - 10.55 Pilates</p> <p>Maria</p>	<p>10.00 - 11.00 Yoga Fit</p> <p>Bahar</p>	<p>10.00 - 11.00 Indoorcycling Endurance</p> <p>Brigitte</p>
		<p>11.00 - 11.45 Rehasport light</p> <p>Anna</p>		
<p>17.00 - 17.45 Rehasport</p> <p>Anna</p>	<p>17.20 - 18.05 Rehasport</p> <p>Anke</p>	<p>16.40 - 17.25 Rehasport</p> <p>Laura</p>	<p>16.30 - 17.15 Fascien Fitness</p> <p>Katrin</p>	<p>17.20 - 18.05 Rehasport</p> <p>Katrin</p>
<p>18.00 - 18.55 Body-Fit-Workout</p> <p>18.55 - 19.10 Stretch + Relax</p> <p>Nici</p>	<p>18:10 - 19.10 Yoga Fit</p> <p>Bahar</p>	<p>18.15 - 19.15 Indoorcycling Newcomer</p> <p>Chloe'</p>	<p>18.10 - 19.10 Pilates</p> <p>Bahar</p>	
<p>19.15 - 20.15 Zumba GOLD</p> <p>Theresa</p>	<p>19.15 - 20.15 Indoorcycling Expert</p> <p>Chloe'</p>	<p>19.20 - 20.20 Zumba</p> <p>Theresa</p>	<p>19.15 - 20.15 Indoorcycling Expert</p> <p>Brigitte</p>	

Bitte bei allen Kursen anmelden!

www.gesundheitszentrum-giesen.de

01.10.2019

