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Montag Dienstag Mittwoch Donnerstag Freitag

9.00 - 9.55
Fascien Fitness

Bahar

09.00 - 09.55
Yoga Fit

Bahar

9.00 - 9.50
Body-Fit-Workout

Maria

9.00 - 9.45
Rehasport

Tina

9.00 - 9.50
Rücken - Fit

Brigitte

10.00 - 10.45
Rehasport light

Bahar

10.00 - 10.45
Rehasport

Bahar

10.00 - 10.55
Pilates

Maria

10.00 - 10.55
Yoga Fit

Bahar

10.00 - 11.00
Indoorcycling Endurance

Brigitte

11.00 - 11.45
Rehasport light

Natalia

16.40 - 17.25
Rehasport

Tina

17.00 - 17.45
Rehasport

Natalia

16.40 - 17.25
Rehasport

Bahar

18.00 - 18.45
Rehasport

Anke

17.45 - 18.45
Yoga Fit

Bahar

18.00 - 18.55
Spiralmuskel Training

Natalia

17.45 - 18.45
Pilates

Bahar

19.00 - 20.00
Indoorcycling Expert

Winni

19.00 - 20.00
Indoorcycling Expert

Chloe'

19.00 - 20.00
Zumba

Theresa

19.00 - 20.00
Indoorcycling Expert

Brigitte



Bitte bei allen Kursen anmelden!

www.gesundheitszentrum-giesen.de

01.10.2020