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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 - 17.55 Spiralmuskel Training Natalia	16.40 - 17.25 Rehasport Bahar	
18.00 - 18.45 Rehasport Anke	17.45 - 18.45 Yoga Fit Bahar	18.00 - 18.45 Rehasport Natalia	17.45 - 18.45 Pilates Bahar	
19.00 - 20.00 Zumba GOLD Theresa	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

03.08.2020