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Montag	Dienstag	Mittwoch	Donnerstag	Freitag
9.00 - 9.55 Fascien Fitness Katrin	9.00 - 9.45 Rehasport Bahar	9.00 - 9.55 Body-Fit-Workout Natalia	9.00 - 9.45 Rehasport Anna	9.00 - 9.55 Rücken - Fit Brigitte
10.00 - 10.45 Rehasport light Katrin		10.00 - 10.55 Pilates Natalia	10.00 - 11.00 Yoga Fit Bahar	10.00 - 11.00 Indoorcycling* Brigitte
		11.00 - 11.45 Rehasport light Natalia		
16.00 - 16.45 Rehasport Anke		16.00 - 16.45 Rehasport Natalia	16.30 - 17.15 Fascien Fitness Katrin	
18.00 - 18.55 Body-Fit-Workout	17.20 - 18.05 Rehasport Anna	17.30 - 18.25 Mobility Training Natalia	17.20 - 18.05 Rehasport Katrin	
18.55 - 19.10 Stretch + Relax Nici	18:10 - 19.10 Yoga Fit Bahar	18.30 - 19.25 Body-Fit-Workout Natalia	18.10 - 19.10 Pilates Bahar	
19.15 - 20.15 Indoorcycling*(Einsteiger) Chloé	19.15 - 20.15 Indoorcycling* Chloe'	19.30 - 20.30 Zumba Theresa	19.15 - 20.15 Indoorcycling* Brigitte	

