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Montag Dienstag Mittwoch Donnerstag Freitag

9.00-9.45
Rehasport

9.00 - 9.50
Body-Fit-Workout

9.00 - 9.45
Rehasport

9.00 - 10.00
Yoga Fit

9.00 - 9.50
Gesunder Rücken

Maria

Bahar

Brigitte

10.00 - 10.45
Rehasport light

10.00 - 11.00
Pilates

10.00 - 10.45
Rehasport light

10.00 - 11.00
Indoorcycling Endurance

Maria

Brigitte

16.45 - 17.30
Rehasport

17.00 - 17.45
Rehasport

17.00 - 17.45
Rehasport

18.00 - 18.45
Rehasport

17.45 - 18.45
Yoga Fit

18.00 - 18.50
Pilates

18.00 - 19.00
Indoorcycling Expert

Bahar

Natalia

Brigitte

19.00 - 20.00
Indoorcycling Expert

19.00 - 20.00
Zumba

Chloe'

Theresa



Bitte bei allen Kursen anmelden!

www.gesundheitszentrum-giesen.de

01.06.2021