

K u r s p l a n

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
9.00-9.45 Rehasport	9.00 - 9.50 Body-Fit-Workout Maria	9.00 - 9.45 Rehasport	9.00 - 10.00 Yoga Fit Bahar	9.00 - 9.50 Gesunder Rücken Brigitte
10.00 - 10.45 Rehasport light	10.00 - 11.00 Pilates Maria	10.00 - 10.45 Rehasport light		10.00 - 11.00 Indoorcycling Endurance 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 Bahar	18.00 - 18.50 Pilates Natalia	18.00 - 18.50 Gesunder Rücken Brigitte
	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

01.10.2021