

KURSPLAN 2020

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00 Rehasport		09:00 Vinyasa Yoga		09:00 Rehasport
10:00 Pilates		10:30 Pilates	10:00 Fit mit Baby	
	16:00 Rehasport			
17:00 Pilates	17:00 Rehasport	16:30 Rehasport		
18:00 Step + Fitness	18:00 Rückenschule	17:30  ZUMBA	17:30 Rehasport	
	19:00 Body-Fit		18:30 Pilates	
			19:30 Vinyasa Yoga	

