



# UNSER KURSPLAN

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
08:15	REHA-Sport					
09:15	Rücken-Fitness	Body Shape	REHA-Sport	Yoga		
10:15	REHA-Sport	REHA-Sport	For ever FIT			Indoor Cycling
15:15		Yoga				
16:30	REHA-Sport	REHA-Sport				
17:00					Body Power	
17:30	ZUMBA	Body Power				
18:00			Indoor Cycling	STRONG <sub>(by Zumba)</sub>	HYROX	
18:30	STRONG <sub>(by Zumba)</sub>	Yoga				
19:00			REHA-Sport	Pilates		
19:30	REHA-Sport	Bellicon			STRONG <sub>(by Zumba)</sub>	