

Kursplan Oktober 2017

TAG ZEIT	MO		DI		MI		DO		FR		SA		SO	
RAUM	1	2	1	2	1	2	1	2	1	2	1	2	1	2
6:00								Cycling "Early Bird" 06.30-07.30						
7:00														
8:00			Rehasport 08:15-09:00											
9:00	Body Total and Flexx 09:30-10:30		Rehasport 09:00-09:45		WSG* 09:30-10:25			WSG* 09:30-10:30						
10:00		Cycling 10.00-11.00	Bauch-Beine-Po 10:00-10:30		Rehasport 10:45-11:30			Rehasport 10.45-11.30		Flexx-WSG 10.30-11.15	Cycling "Over the hills" 11.30-12.30	Zumba 10:30-11:30	Cycling* 10.30-12.00	
11:00			Flexx-WSG 10.30-11.00		Rehasport 11.30-12.15			Rehasport 11.30-12.15		Faszientraining 11:15-11:45				
12:00										Rehasport 12:00-12:45				
13:00														
14:00														
15:00														
16:00	Rehasport 16:30-17:15						Rehasport 16.30-17.15		WSG* 16:30-17:30					
17:00	Rehasport 17:15-18:00						Rehasport 17.15-18.00		Yoga 17.30-18.55					
18:00	Muscle Workout* 18:00-19:00	Cycling "Polar Cardio" 18.30-19.30	Zumba 18:00 - 18:55		Step 2 and Workout 18.00-18.55	Beginner-Cycling* 18.00-20.00	Fit Boxen 1 18.00-18.00	Selbstverteidigung für Männer und Frauen* 18.00-19.30						
19:00	WSG* 19.10-19.55	Cycling "Fun Ride" 19.30-20.30	Fettkiller Aerobic 19:00-19:55		Muscle Workout 19.00-19.55		Booty Workout 19:00-19:30		Fit Boxen 2 19:00-20:15	Cycling* 19:00-20:00				
20:00	Body Complete 2 20:00 21:15		Beine-Po 20.00-20.30		Yoga 20:00-21:30		WSG* 19:30-20:25		Bauchkiller 20:15-20:45					
21:00			Bauchkiller 20.30-21.00				Rehasport 20:30-21:15							