

Fitnesskurse

Tel. 04826 3399

MO

***TIME TO
TRAIN***

REHASPORT
11.00 - 11.45

HITT

18.00 - 19.00

REHASPORT
19.15 - 20.00

DI

Funktionsgym
09.00 - 10.00

HOT IRON
19.00 - 20.00

MI

REHASPORT
08.00 - 08.45

FIT IN DEN TAG

09.00 - 10.30

REHASPORT
18.00 - 18.45

HATHA YOGA

19.00 - 20.30

DO

Spirit and Dance

09.00 - 10.00

REHASPORT
16.45 - 17.30

FELDENKRAIS

18.00 - 19.00

FR

Rückenfit
09.00 - 10.00

TABATA
Outdoor
18.00 - 18.50

REHASPORT
19.00 - 19.45