

Fitnesskurse

Tel. 04826 3399

MO

DI

MI

DO

FR

*Time to
train*

REHASPORT
11.00 - 11.45

Funktionsgym
09.00 - 10.00

REHASPORT
08.00 - 08.45

FIT IN DEN TAG

09.00 - 10.30

Spirit and Dance

07.30 - 08.30

Rückenfit
09.00 - 10.00

REHASPORT
16.45 - 17.30

HITT
18.00 - 19.00

REHASPORT
19.15 - 20.00

HOT IRON
19.00 - 20.00

REHASPORT
18.00 - 18.45

HATHA YOGA

19.00 - 20.30

FELDENKRAIS

18.00 - 19.00

TABATA
Outdoor
18.00 - 18.50

REHASPORT
19.00 - 19.45