

# Fitnesskurse

Tel. 04826 3399

**MO**

*TIME TO  
TRAIN*

REHASPORT  
11.00 - 11.45

**HITT**

18.00 - 19.00

REHASPORT  
19.15 - 20.00

**HOT IRON**  
19.00 - 20.00

**DI**

Funktionsgym  
09.00 - 10.00

**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**

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