

# Fitnesskurse

Tel. 04826 3399

**MO**

**DI**

**MI**

**DO**

**FR**

REHASPORT  
11.00 - 11.45

Funktionsgym  
09.00 - 10.00

REHASPORT  
08.00 - 08.45

**BBP**  
09.00 - 10.00

Rückenfit  
09.00 - 10.00

REHASPORT  
16.45 - 17.30

REHASPORT  
17.00 - 17.45

**HITT**  
18.00 - 19.00

REHASPORT  
18.00 - 18.45

**TABATA**  
Outdoor  
18.15 - 19.00

REHASPORT  
19.15 - 20.00

**HOT IRON**  
19.00 - 20.00

HATHA YOGA  
19.00 - 20.30