

Kursraum 1

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:30 – 09:25 Rückenfit	08:30 – 09:25 Pilates	08:30 – 09:25 Rückenfit	08:30 – 09:30 	08:30 – 09:25 Fit ins Wochenende		
09:30 – 10:00 Stretch & Relax	09:25 – 10:25 Rückenfit	09:45 – 10:45 Ü 60 Karate	09:30 – 10:30 TUS Reha			
10:00 – 10:45 Rückenfit			10:30 – 11:30 TUS Reha			10:30 – 11:30 Bodylift
					11:00 – 12:00 	
15:00 – 16:00 Rheuma - Liga				15:00 – 16:00 Dance Kids		
16:00 – 17:00 Rheuma - Liga	16:00 – 17:00 TUS Reha	17:00 – 18:00 Rheuma Liga				
17:00 – 18:00 Rheuma - Liga	17:00 – 18:00 TUS Reha	18:00 – 18:45 Rückenfit	17:00 – 18:00 			
18:00 – 19:00 PBB	18:00 – 18:55 	18:45 – 19:30 Faszien-Training	18:00 – 18:55 Yoga Pilates			
19:00 – 19:55 Pilates	19:00 – 19:55 Six Pack/ Bodylift	19:30 – 20:15 PBB Express	19:00 – 20:00 			