

Corona Notfall Kurs Plan

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
Raum 1	Raum 3	Raum 1	Raum 3	Raum 1	Raum 3	Raum 1	Raum 3	Raum 1	Raum 3	Raum 1	Raum 3	Raum 1	Raum 3
	8:30 - 9:15 Rückenfit		8:30 - 9:15 Pilates		8:30 - 9:25 Rückenfit		8:30 - 9:15 Reha Sport		8:30 - 9:15 60 + Hanteltraining				
9:00 - 10:00 Sensitiv- Cycling Zirkeltraining	9:30 - 10:00 Stretch & Relax		9:30 - 10:15 Rückenfit		9:45 - 10:45 Ü 60 Karate	9:30 - 10:30 Indoor- Cycling	9:30 - 10:30 Zumba Gold	9:00 - 10:00 Sensitiv- Cycling Zirkeltraining					
	10:15 -11:00 Rückenfit											10:30 -11:30 Cycling Crew-System	10:30 - 11:30 Bodylift
					11:00 -12:00 Reha Sport						11:00-12:00 ZOCA		11:30 -12:30 Pilates
15:45 -16:30 Rheuma Liga													
16:45 -17:30 Rheuma Liga		16:00 -17:00 Reha Sport	16:45 -17:30 Gesundheits- karate Krebspat										
		17:00 -18:00 Reha Sport		17:00 -17:45 Rheuma Liga	17:15 -18:00 Rückenfit				17:30 -18:25 TRX Crosstraining				
18:30 -19:30 Indoor- Cycling	18:00 -18:45 PBB		18:00 -19:00 Zumba	18:45 -19:45 Indoor- Cycling	18:15 -19:00 Fazien Training		18:00 -18:45 Yoga Pilates	18:30 -19:30 Indoor- Cycling					
	19:00 -19:45 Pilates	19:00 -20:00 Rowing	19:15 -19:45 Six Pack		19:15 -19:55 PBB	19:00 -20:00 Indoor- Cycling	19:00 -20:00 Zuzmba						
20:00-20:55 Indoor- Cycling	20:00 -21:00 Strong Fitness		20:00 -20:45 Bodylift		20:00 -20:45 Rückenfit								



