

# Kursplan 2019

<i>Montag</i>	<i>Dienstag</i>	<i>Mittwoch</i>	<i>Donnerstag</i>	<i>Freitag</i>	<i>Sonntag</i>
	09.30 - 10.15 <b>Yoga</b>		09.30 - 10.15 <b>Pilates</b>		
	10.30 - 11.15 <b>Fitness Workout</b>	10.30 - 11.15 <b>Reha - Sport</b>	10.30 - 11.15 <b>Zirkeltraining</b>	10.15 - 11.00 <b>Wirbel Säulen Gym.</b>	11.00 - 11.45 <b>Indoor Cycling</b>
11.45 - 12.30 <b>Reha - Sport</b>				11.00 - 11.45 <b>Faszientraining</b>	
		16.15 - 17.00 <b>Reha - Sport</b>	12.00 - 12.45 <b>Reha - Sport</b>	12.00 - 12.45 <b>Reha - Sport</b>	
		17.00 - 17.30 <b>Bauch Extrem</b>			
16.30 - 17.15 <b>Reha - Sport</b>		17.30 - 18.00 <b>Stretching</b>		17.30 - 18.15 <b>Dynamic</b>	
17.30 - 18.15 <b>Dynamic</b>		18.00 - 18.45 <b>Rücken Fit</b>	18.30 - 19.15 <b>Reha - Sport</b>	18.00 - 19.00 <b>Indoor Cycling</b>	
18.15 - 19.00 <b>Power Fit</b>				18.15 - 19.00 <b>Rücken Fit</b>	