

Ab Mai 2012



Kursplan



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

9.30 - 10.30
Pro Rücken

10.45 - 11.30
Reha-Sport

15.20 - 16.05
Reha-Sport

16.10 - 16.55
Reha-Sport

17.00 - 17.45
Reha-Sport

17.50 - 18.35
Reha-Sport

18.35 - 19.35
Hot Iron

9.30 - 10.15
Reha-Sport

10.20 - 11.05
Reha-Sport

18.45 - 19.45
Pro Rücken

20.00 - 21.00
Tai Chi

17.40 - 18.25
Bauch, Beine, Po

18.30 - 19.15
Zumba

19.20 - 20.05
Zumba

9.15 - 10.15
Qigong

15.20 - 16.05
Reha-Sport

16.10 - 16.55
Reha-Sport

17.00 - 17.45
Reha-Sport

18.00 - 19.00
Präventionskurs

19.00 - 20.00
Bauch, Beine, Po

19.30 - 20.30
Pilates

10.00 - 10.45
Zumba

15.10 - 15.55
Reha-Sport

16.00 - 16.45
Reha-Sport

16.50 - 17.35
Reha-Sport

17.40 - 18.25
Reha-Sport

18.30 - 19.15
Zumba

19.20 - 20.05
Zumba