

Kursplan Laufamholzstraße

Gültig ab: vorläufig

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:30 - 10:20 Workout Classic		09:30 - 10:20 Yoga	09:30 - 10:20 Balance Methode	09:30 - 10:20 Fit in den Alltag		09:30 - 10:20 WSG
10:30 - 11:20 Pilates	10:00 - 10:50 Stretching	10:30 - 11:20 Rücken / Stretch	11:30 - 12:15 Rehasport 1	10:30 - 11:20 Rücken / Stretch	10:30 - 11:20 Power Yoga	10:30 - 11:20 Intensive Yoga
11:30 - 12:15 Rehasport 1		11:30 - 12:15 Rehasport 1	12:30 - 13:15 Rehasport 1	11:30 - 12:15 Rehasport 2		
12:30 - 13:15 Rehasport 1		12:30 - 13:15 Rehasport 2	14:30 - 15:15 Rehasport 2	12:30 - 13:15 Rehasport 1		
14:30 - 15:15 Rehasport 2		14:30 - 15:15 Rehasport 2	15:30 - 16:15 Rehasport 2/3	13:30 - 14:15 Rehasport 2/3		
15:30 - 16:15 Rehasport 2/3		15:30 - 16:15 Rehasport 2/3	16:30 - 17:15 Rehasport 3			
16:30 - 17:15 Rehasport 2/3		16:30 - 17:15 Rehasport 2/3				
17:30 - 18:15 Rehasport 3		17:30 - 18:15 Rehasport 3	17:30 - 18:20 WSG	17:30 - 18:20 WSG		
18:30 - 19:20 Latin Party	18:30 - 19:20 Intensiv Yoga	18:30 - 19:20 WSG	18:30 - 19:20 Latin Workout	18:30 - 19:20 Yoga		
19:30 - 20:20 Total Body Workout		19:30 - 20:20 Pilates				



med. Fitness
&
Physiotherapie

Schnuppern jederzeit möglich!