

Aktueller Kursplan ab 01.07.2021

Stand: 14.06.2021



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Kurs-ID: 992 4769 9328 08:00 - 08:50 Yoga Jenny	08:00 - 08:45 Reha Jordan	Raum 1 Kurs-ID: 934 6079 8580 08:00 - 09:15 Yoga Jordan	Kurs-ID: 946 8200 5726 07:40 - 08:50 BODYART Silvi	Peggy		
Kurs-ID: 995 3974 9850 09:00 - 09:50 Pilates Christiane H.	09:00 - 09:45 Reha Jordan	Raum 1 Kurs-ID: 926 6261 2223 09:30 - 10:20 Pilates Jordan	Kurs-ID: 962 4174 9499 09:00 - 09:50 Body Balance Christiane H.	Kurs-ID: 981 0112 4449 09:00 - 09:50 Pilates/Faszien Peggy	Annett	Kurs-ID: 969 8377 8626 09:30 - 10:20 Rückengym Norbert
Kurs-ID: 913 6308 0351 10:00 - 10:50 Rückengym Christiane	10:00 - 10:45 Reha Lunge Jordan	Raum 1 Kurs-ID: 954 5340 2536 10:30 - 11:20 Stretch&Relax Christiane H.	Kurs-ID: 925 4133 0071 10:00 - 11:15 Yoga (Einsteiger) Christiane H.	Kurs-ID: 918 4641 2801 10:00 - 10:50 Rückengym Jenny	10:30 12:00 Muay Thai Boxen Annett	Raum 2 Kurs-ID: 979 3883 4438 10:30 - 11:20 Bodyshape Thomas Norbert
10:00 - 10:50 Outdoor Salsation Yvonne	Raum 2 Kurs-ID: 925 6794 2765 11:00 - 11:50 Rückengym Christiane			11:00 - 11:45 Reha Christiane	Raum 1 Kurs-ID: 956 5291 6433 11:00 - 12:00 High Intensiv Step Intervall Christin	
Kurs-ID: 927 0188 4788 11:00 - 11:50 Qi Gong Christiane	12:00 - 12:45 Reha Christiane	Raum 1		12:00 12:45 Reha Christiane	Raum 1 Kurs-ID: 972 5658 0915 12:15 - 12:45 Six Pack Christin	
12:05 - 12:50 Reha Christiane		16:30 - 17:20 Outdoor HIIT Training Christin	Raum 1 Kurs-ID: 957 2784 8892 16:30 - 17:20 HIIT Training Melinda			Kurs-ID: 988 4700 0779 15:00 - 16:15 Yin Yoga Jenny
Kurs-ID: 991 5045 5742 17:00 - 17:50 Step Intervall Melinda	Kurs-ID: 914 7902 7761 17:00 - 17:50 Qi Gong Christiane	Kurs-ID: 982 2295 7386 17:30 - 17:55 Six Pack Christin	Kurs-ID: 972 0600 4049 17:30 - 17:50 Six Pack Katja	Kurs-ID: 991 5156 1172 17:00 - 17:50 active well Workout Annett		Kurs-ID: 981 9692 4847 17:00 - 17:50 HIT Training Sinikka
Kurs-ID: 993 6898 3909 18:00 - 18:50 Pilates Claudi	Kurs-ID: 990 7839 5673 18:00 - 18:50 Rückengym Christiane	18:00-18:45 Reha Patrick	Raum 2 Kurs-ID: 969 6735 9806 18:00 - 19:00 Rückengym Prävention Katja	17:30 - 18:15 Outdoor Kids Muay Thai Boxen Thomas		18:00 - 18:50 Outdoor HIIT Training Melinda
Kurs-ID: 962 2491 4360 19:00 - 19:50 Bodyshape Claudi	Kurs-ID: 922 8998 4489 19:00 - 19:50 Bodyshape Annett	Kurs-ID: 948 0612 8422 18:00 - 18:50 Pump Sinikka	Raum 1 Kurs-ID: 916 0878 9466 19:00 - 20:15 Yoga Silvi	Jenny		
18:30 - 19:30 Muay Thai Boxen Anfänger Thomas	19:00 - 19:50 Outdoor Zumba Tanja	Raum2 Kurs-ID: 929 9726 4212 19:00 - 20:00 Yoga Jenny				
19:30 - 20:30 Muay Thai Boxen Fortgeschritten Thomas	Raum 2 Kurs-ID: 939 6699 5109 20:00 - 20:50 active well Workout Annett	Raum 1 Kurs-ID: 929 9726 4212 20:30 - 21:15 Reha Ritchie				
20:30 - 21:15 Reha Jordan						

- Kraft und Ausdauer
- Beweglichkeit & Entspannung
- Muskel- / Figurtraining
- Choreographie / Tanz
- Kinderkurse
- Rückentraining
- S20 & Heilmittelverordnung (Krankenkassengefördert)
- Kampfkunst