

# Herbst-Kursplan 2021



In Kooperation mit:



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Rehasport 9:00 – 9:45	Rehasport 9:00 – 9:45	Body Power 9:00 – 9:45	Rehasport 10:15 – 11:00	Bump It 9:00 – 9:45	Hot Iron 11:00 – 11:45
Dr. Wolff Rückenzirkel 10:00 – 10:45		Rehasport 10:00 – 10:45			Step 12:00 – 12:45
Rehasport im Wasser 13:45 – 14:30					
	Rehasport 17:45 – 18:30	Relax & Balance 16:45 – 17:45	Qi Gong & Meditation 16:00 – 16:45	Rehasport 17:00 – 17:45	
			Tai Chi 17:00 – 17:45		
Power Step 18:00 – 18:45		Hot Iron 18:00 – 18:45	Zumba Step 18:00 – 18:45	Pilates Power 18:00 – 18:45	
Indoor Cycling 19:00 – 19:45	Pilates 19:00 – 19:45	Indoor Cycling 19:00 – 19:45	Rehasport 19:15 – 20:00	Strong Nation 19:00 – 19:45	
	Rehasport im Wasser 19:00 – 19:45		Aquajogging 20:00 – 20:45		
			Aquajogging 20:45 – 21:30		

- Kraftkurse**
- Ausdauerkurse**
- Gesundheitskurse**
- Entspannungskurse**