

Kursplan *Stand März 23*

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Rehasport 09:00-09:45		Rehasport 08:00-08:45		
	Rehasport 09:30-10:15	MamaWorkout Outdoor 09:15-10:30	Rehasport 09:00-09:45	Rehasport 09:30-10:15
Rehasport 10:00-10:45		MamaWorkout Rückbildung 10:45-11:45	Rehasport 10:00-10:45	
				Rehasport 10:30-11:15
Rehasport 16:00-16:45	valeofit kid's 16:00-16:45			
Rehasport 17:00-17:45	Rehasport 17:00-17:45	Rehasport 17:00-17:45	Rehasport 17:00 – 17:45	
Faszienfitness 18:00-18:45	Rehasport 18:00-18:45	Pilates 18:00-18:45	Rehasport 18:00-18:45	
Rehasport 19:00-19:45	Rehasport 19:00-19:45	Bodyforming 19:00-19:45	Frauenabend 19:00-20:00	