

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	09:00 Rehasport		9:00 Yoga			
09:45 Bauch&Rücken	10:00 Nordic Walking	10:00 Body-Workout - OUTDOOR				
11:15 Yoga	11:15 Rehasport	11:00 WSG		11:00 Pilates	11:00 Body-Workout - OUTDOOR	
12:45 Rehasport				14:15 Rehasport	12:00 Yoga	
				15:30 Yoga		13:00 Pilates
		16:30 Yoga				
18:00 Yoga	18:00 Body Workout – ONLINE KURS		18:00 WSG			
	19:00 Tae-Bo – ONLINE KURS					
	20:00 Pilates-Mix – ab 26.5.		19:30 Vinyasa-Yoga			
					<b>Gültig ab 18.05.2020</b>	

