

# DEINE KURSE - DEINE CHANCE

Montag

9:30-10:30  
Bellicon

16:20-17:05  
Reha  
Orthopädie

17:10-17:55  
Reha  
Orthopädie

18:00-19:00  
Functional

19:00-20:00  
Mobility/  
Stretching

Dienstag

17:00-18:00  
Reha Sport  
Kids (in  
Planung)

18:00-19:00  
Reha Orth.

19:15-20:15  
Bellicon

Mittwoch

9:30-10:30  
Full Body  
Workout

10:30-11:00  
Stretching

17:15-18:45  
Yoga

Donnerstag

9:30-10:30  
Bellicon

18:00-19:00  
Body  
Stability

19:15:20:15  
Step&Aeromix  
ab 29.08.2024

Freitag

18:00-19:00  
Bellicon

Samstag

10:30:11:45  
Yoga

Sonntag

10:00:11:00  
Sunday  
Workout

