

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

11:00-12:00
Reha Orth.

12:30-13:30
Reha Neuro.

14:00-15:00
Reha Innere

17:00-18:00
Reha Orth.

18:00-19:00
Reha Orth.

19:15-20:15
Bellicon

Mittwoch

9:30-10:30
Full Body
Workout

10:30-11:30
Rücken Fit

17:15-18:45
Yoga

Donnerstag

9:30-10:30
Bellicon

18:00-19:00
Body
Stability

Freitag

18:00-19:00
Bellicon

Samstag

10:30-11:45
Yoga

Sonntag

10:00-11:00
Sunday
Workout

