

DEINE KURSE - DEINE CHANCE



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:30-10:30 Bellicon		9:30-10:30 Full Body Workout	9:30-10:30 Bellicon		10:30:11:45 Yoga	10:00:11:00 Sunday Workout
		10:30-11:00 Stretching				
16:20-17:05 Reha Orthopädie	17:00-17:45 Reha Orthopädie	17:15-18:45 Yoga				
17:10-17:55 Reha Orthopädie			18:00-19:00 Body Stability	18:00-19:00 Bellicon		
18:00-19:00 Functional	18:00-18:45 Reha Orthopädie					
19:00-20:00 Mobility/ Stretching	19:15:20:15 Bellicon					

