

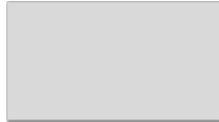
Gültig ab 01. Juni 2020

CORONA-KURSPLAN

Fitness- und Gesundheitskurse / Rehasport

Alle Kurse
finden ab 3 Teilnehmern statt.
Online Voranmeldung
erforderlich
(außer Hocker-Kurse).

Montag



09:00 - 09:45 Uhr

Hocker



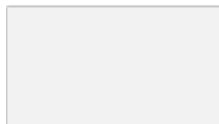
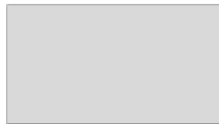
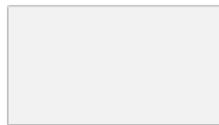
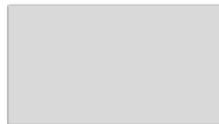
10:00 - 10:55 Uhr

WSG



11:00 - 11:55 Uhr

WSG



16:30 - 17:25 Uhr

WSG



17:30 - 18:55 Uhr

sanftes
Hatha Yoga



19:00 - 19:55 Uhr

Beckenboden

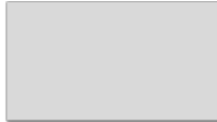


20:00 - 20:55 Uhr

Indoor Cycling



Dienstag



09:00 - 09:55 Uhr

WSG



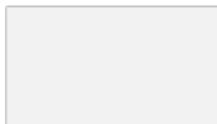
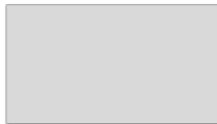
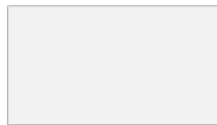
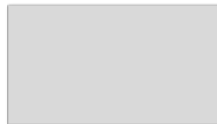
10:00 - 10:55 Uhr

WSG



11:00 - 11:45 Uhr

Hocker



17:00 - 17:55 Uhr

WSG



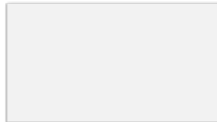
18:00 - 18:55 Uhr

Jumping
Fitness



19:00 - 20:15 Uhr

Hatha- &
Vinyasa-Yoga



Mittwoch

08:00 - 08:55 Uhr

PhysioFit -
Rücken



09:00 - 09:55 Uhr

BBP



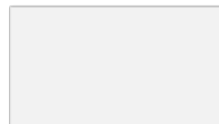
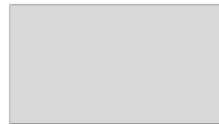
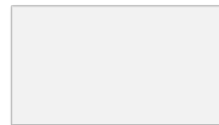
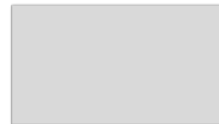
10:00 - 10:55 Uhr

Power-WSG



11:00 - 11:45 Uhr

Vitos



17:00 - 17:55 Uhr

Strong
by Zumba



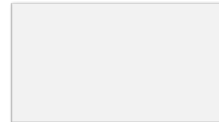
18:00 - 18:55 Uhr

RückenFit

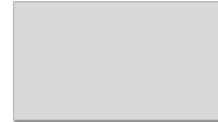


19:00 - 19:55 Uhr

Indoor Cycling



Donnerstag



09:00 - 09:55 Uhr

Beckenboden



10:00 - 10:55 Uhr

Rückbildungs-
gymnastik



11:00 - 11:55 Uhr

WSG



13:00 - 13:45 Uhr

Hocker



13:30 - 14:15 Uhr

Vitos



14:15 - 15:00 Uhr

Vitos



16:00 - 16:55 Uhr

WSG



17:00 - 17:55 Uhr

Indoor Cycling



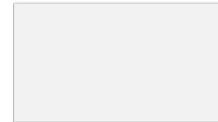
18:00 - 18:55 Uhr

Jumping
Fitness

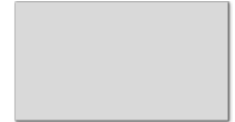


19:30 - 20:45 Uhr

Yoga



Freitag



09:00 - 09:55 Uhr

WSG



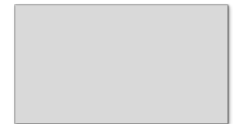
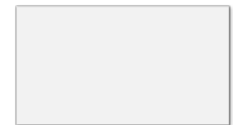
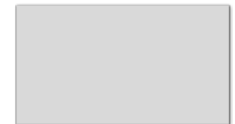
10:00 - 10:55 Uhr

WSG



11:00 - 11:55 Uhr

Zumba
Fitness



16:00 - 16:55 Uhr

Jumping
Fitness



17:00 - 17:55 Uhr

RückenFit



18:00 - 18:55 Uhr

Qi Gong

