

Kursplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

Reha
09.00 – 09.45

Reha
17.00 – 17.45

Mobility&
Faszien
18.00 – 19.00

CXWORX
18.00 – 18.30

Zumba©
18.00 – 18.45

Functional
Training
19.15 – 20.15

BodyBalance
18.45 – 19.45

PowerPilates
19.00 – 20.00

