

Kursplan ab 01.10.2026



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Rehasport 8:15–9:00	Jumping 8:00–9:00	Rehasport 8:15–9:00		Reformer Pilates 8:00–9:00
Rehasport 9:15–10:00	Rehasport 9:15–10:00	Rehasport 9:15–10:00	Rehasport 9:15–10:00	Rehasport 9:15–10:00
Rehasport 10:15–11:00	Rehasport 10:15–11:00	Rehasport sanft 10:15–11:00	Rehasport 10:15–11:00	
Rehasport sanft 11:30–12:15	Rehasport sanft 11:15–12:00		Rehasport sanft 11:15–12:00	
Rehasport 17:15–18:00	Rehasport 17:15–18:00	Rehasport 17:00–17:45	Rehasport 16:00–16:45	Functional Dance Workout 17:00–18:00
Rehasport 18:15–19:00	Rehasport 18:15–19:00	Rehasport 18:00–18:45	Reformer Pilates 17:15–18:15	Step & Flow 18:15–19:15
Jumping 19:15–20:15			Reformer Pilates 18:15–19:15	Power Zirkel 19:15–20:15