

Sport- und Reha-Kursplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08:45 - 09:30 Reha	09:15 - 10:15 IC	08:15 - 09:00 Reha	9:15 - 10:00 Reha	09:15 - 10:15 IC	
	09:30 - 10:15 Reha	09:00 - 09:45 Senioren-Reha	10:00 - 10:45 Reha	09:15 - 10:15 Bauch-Rücken-Fit	
10:15 - 11:00 HIT	10:15 - 11:15 BBP	09:45 - 10:30 Reha		10:15 - 11:15 Freestyle	10:30 - 11:30 Jump@Phoenix
				11:15 - 12:00 Reha	
				15:00 - 16:00 Kinderballett	
16:45 - 17:30 Reha				16:00 - 17:00 Kinderballett	
17:30 - 18:00 Powerbauch	17:15 - 18:00 Reha	17:15 - 18:00 Reha	17:30 - 18:15 Reha	17:15 - 18:00 Reha	
18:15 - 19:15 IC	18:00 - 19:00 Toning	18:00 - 19:00 Power Pump	18:15 - 19:15 Jump@Phoenix	18:00 - 19:30 Boxen	
18:00 - 19:00 ZUMBA*	19:00 - 20:00 Step & Shape	19:00 - 20:00 HATHA-YOGA	19:15 - 20:15 Fatburner	19:30 - 20:30 Body Fit	
19:15 - 20:15 PhoenixRoll	19:00 - 20:00 IC	19:00 - 20:00 IC	19:00 - 20:00 IC		
20:15 - 21:00 Reha	20:00 - 20:45 Reha	20:00 - 21:30 Boxen	20:15 - 21:00 Reha		

*Jeden letzten Sonntag im Monat findet um 11 Uhr Zumba Strong statt.