

Sport- und Reha-Kursplan

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-----------------------------------|-------------------------------|
| 08:45 - 09:30 Reha | 09:30 - 10:15 Reha | 08:15 - 09:00 Reha | 09:15 - 10:00 Reha | 09:15 - 10:15 Bauch-Rücken-Fit | |
| | 10:00 - 11:00 Cycling | 9:00 - 09:45 Senioren-Reha | 10:00 - 10:45 Reha | 10:00 - 11:00 Cycling | |
| 10:15 - 11:00 HIT | 10:15 - 11:15 BBP | 09:45 - 10:30 Reha | | | 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 Cycling | 18:00 - 19:00 Body Fit | 18:00 - 19:00 Power Pump | 18:15 - 19:15 ZUMBA | 18:00 - 19:30 Boxen | |
| 18:00 - 19:00 ZUMBA | 19:00 - 20:00 Step & Shape | 19:00 - 20:00 YOGA | 19:15 - 20:15 Jump@Phoenix | | |
| 19:00 - 20:00 Jump@Phoenix | 19:00 - 20:00 Cycling | 19:00 - 20:00 Cycling | 19:00 - 20:00 Cycling | | |
| 20:15 - 21:00 Reha | 20:00 - 20:45 Reha | 20:00 - 21:30 Boxen | 20:15 - 21:00 Reha | | |

- Jeden Sonntag findet um 11Uhr Strong by ZUMBA statt.

