

# Kursplan Phoenix Spa



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08:45 – 09:30 Reha		08:15 – 09:00 Reha			
	09:30 – 10:15 Reha	09:10 – 09:55 Senioren-Reha	09:15 – 10:00 Reha	09:15 – 10:15 Bauch-Rücken-Fit	9:30 – 10:30 Kinderballett
10:00 – 11:00 Fatburner XXL	9:30 – 10:30 Cycling	10:05 – 10:50 Reha	10:10 – 10:55 Reha		10:30 – 11:30 Kinderballett
		11:00 – 12:00 Fatburner XXL		10:15 – 11:00 Reha	11:30 – 12:30 Kinderballett
16:40 – 17:25 Reha	16:45 – 17:30 Reha				
17:35 – 18:05 Powerbauch		17:05 – 17:50 Reha	17:15 – 18:00 Reha		
18:30 – 19:30 Zumba	18:30 – 19:30 Step & Shape	18:00 – 19:00 Power Pump		18:00 – 19:30 Boxen	
18:15 – 19:15 Cycling	19:00 – 20:00 Cycling	19:00 – 20:00 Yoga			
20:00 – 20:45 Reha	20:00 – 20:45 Reha				