

# STUNDENPLAN FITNESS

Gültig ab 02. November 2020



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.00	Faszientraining	Bauch Beine Po	Pilates	Pilates	Barre		Rückenstark
10.00	Rehasport	Rehasport	Yoga Flow	Rehasport	Faszien-Yoga		Bauch Beine Po
	tri-active			tri-active	Rehasport		
11.00	Rehasport	Rehasport		Rehasport			
12.00						bodyART	
13.00						Rückenstark	
16.00	Rehasport	Rehasport	Rehasport	Rehasport	Rehasport		
17.00	Bauch Beine Po	Rehasport	Rehasport	Rückenstark	bodyART		
			tri-active				
18.00	Pilates	bodyART	Dance Aerobic	Barre	Pilates/Barre		
19.00	Dance Aerobic	Pilates	Bauch Beine Po	Rehasport			
20.00	Rehasport	Faszientraining	Yoga Flow	MamaWorkout			
				Ballett Erwachsene			