

Kursprogramm FTZ

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Rehasport 8.15 - 9.00 h		Rehasport 8.15 - 9.00 h	WSG 9.00 - 10.00 h Tanja	Rehasport 8.15 - 9.00 h		
Rehasport 11.00 - 11.45 h	WSG 9.00 - 10.00 h Johanna	Rehasport 11.00 - 11.45 h		Rehasport 11.00 - 11.45 h		
Aqua Rehasport 13.30 - 14.00 h Tanja Biersack	Lungen Rehasport 14.30 - 15.30 h Menrad - Barczok					Hot Iron 11.15 - 12.15 h Jürgen
		Aqua Rehasport 13.30 - 14.00 h Elke Bannert		Rehasport 16.15 - 17.00 h	Zumba 11.00 - 12.00 h Adrian	
Rehasport 16.15 - 17.00 h	Fit Mix 18.00 - 19.00 h Katharina	Rehasport 16.15 - 17.00 h Elke N.	Tabata Mix 18.00 - 19.00 h Katharina	DeepWork 18.00 - 19.00 h Toni		
	Zumba 19.00 - 20.00 h Adrian	Step Workout 18.00 - 19.00 h Georg	Faszien Yoga 19.00 - 20.00 h Elke	bodyART myofascial 19.00 - 20.00 h Toni		
Functional Workout 18.15 - 19.15 h Marco	Aqua Rehasport 18.45 - 19.15 h Tanja Biersack	Pilates 19.00 - 20.00 h Elke B.		FÜR ALLE KURSE GILT DIE ANMELDEPFLICHT!		
WSG 19.15 - 20.15 h Tanja		Yoga 20.00 - 21.30 h Carola				

Mo bis Fr 8.00 - 22.00 Uhr
Sa & So 10.00 - 18.00 Uhr

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