

# Kursplan

Ab März 2024

Kurse an Feiertagen s.Aushang

| Montag                                 | Dienstag                        | Mittwoch                        | Donnerstag  | Freitag                    | Samstag                | Sonntag                        |
|--|---------------------------------|---------------------------------|---|----------------------------|------------------------|--------------------------------|
| 9.00 – 9.45<br>Reha Sport              |                                 | 10.00-10.30<br>RückenPowerPUR   |   | 8.45-09.00<br>Sensomotorik | <i>ODP OutdoorPark</i> | 10.30.-11-30<br>Indoor Cycling |
| 09.45– 10.30<br>Indoor Cycling<br>soft |                                 | 10.30-11.00<br>Body Forming     |   | 09.00-09.45<br>Reha Sport  |                        |                                |
|  |                                 | 11.00-11.15<br>BAUCHKILLER      |   |                            |                        |                                |
| 17.15 – 18.00<br>Reha Sport            | 16.45 – 17.30<br>Reha Sport     | 17.45 – 18.30<br>Indoor Cycling | 17.00 – 18.00<br>Klangschalen Yoga<br>+Blackroll/<br>Meditation |                            |                        |                                |
| 18.00 – 18.55<br>Aktiv Attacke         | 17.30 – 18.15<br>Push Bike      | 18.30 – 19.20<br>Body Workout   | <i>ODP Outdoor Park</i>   |                            |                        |                                |
| 19.00 – 20.00<br>Indoor Cycling        | 18.15 – 19.00<br>Yoga & Stretch |                                 |   |                            |                        |                                |
|  | <i>ODP Outdoor Park</i>         |                                 |   |                            |                        |                                |