

Kursplan

Ab dem 01.09.2026

Kurse an Feiertagen s.Aushang

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.00 – 9.45 Reha Sport		10.00-10.30 RückenPowerPUR		8.45-09.45 Sensomotorik + Reha Sport	10.30-11.30 <i>ODP</i> <i>OutdoorPark</i>	10.30.-11-30 Indoor Cycling
09.45 – 10.30 Indoor Cycling		10.30-11.00 Body Forming				
		11.00-11.15 BAUCHKILLER				
17.15 – 18.00 Reha Sport	16.45 – 17.30 Reha Sport	17.45 – 18.45 Indoor Cycling				
18.00 – 19.00 Indoor Cycling	18.15 – 19.00 Yoga & Stretch	18.45 – 19.15 Full Body Tabata	18.15 – 19.00 Body Boost			
	19.00 - 19.45 Reha Sport					
	19.00 - 20.30 <i>OutdoorPark</i> <i>Basic Kurs</i>					