

# KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08.00	08.00 REHA		08.00 REHA		08.15 Wake Up Fit		
09.00	09.00 REHA	09.00 REHA	09.00 REHA	09.00 REHA			
10.00	10.00 REHA	10.00 REHA light	10.00 REHA Frauen	10.00 REHA	10.00 REHA Frauen	10.00 - 13.00	10.30 Klettern
11.00		11.00 Goldkäfer		11.00 REHA light		Kindergeburtstage	
12.00				12.30 Fit am Mittag			
13.00							
14.00							
15.00		15.00 Goldhamster		15.30 Outdoor Games	15.00 - 19.00		
16.00		16.00 Goldhäschen	16.00 Psychomotorik	16.30 Outdoor Fitness	Kindergeburtstage		
17.00	17.00 Rücken-Fit	17.15 Pump-Fit	17.00 Psychomotorik	17.00 Indoor Cycling			
18.00	18.00 Indoor Cycling	18.15 BBP & Rücken	18.00 Faszien Fit	18.00 Pilates	17.30 REHA		
19.00	18.30 REHA	18.00 Klettern	19.15 Body Fit	18.30 Querbeet	18.30 REHA	18.00 Weekend Fit	
20.00	19.30 REHA		19.30 Drum Fit	19.00 Functional & Box			

