

Kursplan

01.06.2020 - 07.06.2020

Sunshine Ilmenau
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Montag 01.06.2020	Dienstag 02.06.2020	Mittwoch 03.06.2020	Donnerstag 04.06.2020	Freitag 05.06.2020	Samstag 06.06.2020	Sonntag 07.06.2020
09:30 - 10:30 Reha Gesund & Aktiv...	08:15 - 09:00 Reha	08:30 - 09:15 Reha Gesund & Aktiv...	09:00 - 10:00 Reha Gesund & Aktiv...	09:15 - 10:00 Reha		
10:30 - 11:15 Reha Gesund & Aktiv...	09:00 - 10:00 Reha Gesund & Aktiv...	09:15 - 10:15 Reha Gesund & Aktiv...	10:00 - 10:45 Reha Gesund & Aktiv...	10:00 - 11:00 Cardio Fit		
11:30 - 12:15 Reha	10:00 - 11:00 Cardio Fit	10:00 - 10:45 Reha Wassergymnasti...	11:00 - 12:00 Zumba®	10:00 - 11:00 Reha Gesund & Aktiv...		
13:30 - 14:15 Reha	11:00 - 12:00 Pilates	10:30 - 11:30 Yoga	16:30 - 17:30 Reha Herzsport	16:00 - 16:45 Reha		
17:00 - 18:00 Rückenfit	15:30 - 16:30 Reha Gesund & Aktiv...	14:15 - 15:00 Reha	17:30 - 18:15 Bauch Intensiv	16:45 - 17:30 Body Workout		
18:00 - 19:00 Pump	16:30 - 17:30 Yoga	17:30 - 18:30 Body Workout	18:15 - 19:15 Bodystyling	18:00 - 19:00 Jumping Fitness		
19:00 - 20:00 Jumping Fitness	17:30 - 18:15 Reha Gesund & Aktiv...	18:30 - 19:30 Jumping Fitness	19:00 - 20:00 Cycling	18:00 - 19:00 Cycling		
19:00 - 20:00 Crosstraining	18:15 - 19:15 Step Workout	19:30 - 20:30 Rückenfit	19:15 - 20:15 Boxfit	19:00 - 20:00 Zumba®		
20:00 - 21:00 Zumba®	18:30 - 19:30 Cycling	20:30 - 21:30 Zumba®	20:15 - 21:00 Reha			
	19:30 - 20:30 Jumping Fitness					
	20:30 - 21:30 Rückenfit					

- BODY & MIND
- JUMPING
- POWER & FATBURN
- REHA-SPORT
- RÜCKEN & GESUNDH...
- SHAPE & STRENGTH

Stand: 04.06.2020