

Kursplan

01.06.2020 - 07.06.2020

Sunshine Arnstadt
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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 Pilates	08:15 - 09:00 Reha	09:30 - 10:30 Fit & Aktiv	09:30 - 10:30 Zirkel	10:30 - 11:30 Rückenfit		10:00 - 11:00 Crosstraining
10:30 - 11:00 Reha Hüfte & Knie	09:00 - 10:00 Rückenfit	10:30 - 11:00 Reha HWS & Schulter...	12:00 - 12:45 Reha	11:30 - 12:00 Faszientraining		
11:00 - 12:00 Yoga	16:15 - 17:00 Reha	14:30 - 15:00 Reha	13:30 - 14:15 Reha Wassergymnasti...	14:15 - 15:00 Reha		
13:15 - 14:00 Reha	17:00 - 18:00 Fit & Aktiv	16:30 - 17:30 Pilates	14:45 - 15:30 Reha Wassergymnasti...	16:00 - 17:00 Yoga		
15:15 - 16:00 Reha	18:00 - 18:30 Core	17:30 - 18:30 Fatburner	16:15 - 17:00 Reha	18:00 - 19:00 Pump		
16:30 - 17:30 Fit & Aktiv	18:30 - 19:30 Cycling	18:30 - 19:00 Core	17:00 - 18:00 Bodystyling	19:00 - 20:00 Cycling		
17:30 - 18:00 HIIT	19:30 - 20:30 Rückenfit	19:00 - 20:00 Zumba®	18:00 - 19:00 Rückenfit			
18:00 - 19:00 Cycling	20:30 - 21:00 Entspannung		19:00 - 20:00 Yoga			
18:00 - 19:00 Bodystyling			20:15 - 21:00 Reha			
19:00 - 20:00 Zumba®						

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

Stand: 01.06.2020