

Fitness Kurse Indoor

- Kraft & Beweglichkeit
- Fit im Alter
- Pilates
- Rückentraining

Fitness Kurse Outdoor

- Outdoortraining - Fitness
- Nordic Walking

Therapie Kurse

- Rückbildung
- Wassertherapie
- Outdoortraining - Therapie
- PilatesCare

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
		7:00 - 8:00 Pilates		7:00 - 8:00 PilatesCare
9:00 - 10:00 Pilates	9:00 - 10:00 Rückentraining	9:00 - 10:00 Pilates		9:00 - 10:00 Pilates
		10:00 - 11:00 Fit im Alter	10:00 - 11:00 Nordic Walking	
11:30-12:00 Wassertherapie				
12:00 - 13:00 Kraft & Beweglichkeit	12:00 - 12:50 Pilates			
			16:45-17:15 Wassertherapie	
18:30 - 19:30 Outdoortraining - Fitness	18:45 - 20:00 Outdoortraining - Therapie	18:30 - 19:30 Rückbildung	18:45 - 19:45 Pilates (Fortgeschrittene)	
18:30 - 19:30 Rückbildung				
19:30 - 20:30 Rückbildung				