

Fitness Kurse Indoor

- Pilates / PilatesCare
- TRX Suspension Training
- Rückentraining

Fitness Kurse Outdoor

- Outdoortraining - Fitness
- Nordic Walking

Therapie Kurse

- Rückbildung
- Wassertherapie
- Outdoortraining - Therapie

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
	10:30 - 11:30 Nordic Walking			
11:30-12:00 Wassertherapie				
	12:00 - 12:50 Pilates		12:00 - 12:50 Pilates	
			16:45-17:15 Wassertherapie	
17:30-17:55 TRX	17:30 - 18:30 Pilates	17:30 - 18:30 Rückbildung		
18:30 - 19:30 Outdoortraining - Fitness	18:45 - 20:00 Outdoortraining - Therapie	18:30 - 19:30 Rückbildung	18:45 - 19:45 Pilates (Fortgeschrittene)	
19:30 - 20:30 Rückbildung				