

Fitness Kurse Indoor

- Pilates
- TRX Suspension Training
- Rückentraining

Fitness Kurse Outdoor

- Outdoortraining - Fitness

Therapie Kurse

- Rückbildung
- Wassertherapie
- Outdoortraining - Therapie

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
9:00 - 09:50 Pilates	9:00 - 10:00 Rückentraining	9:00 - 09:50 Pilates		9:00 - 09:50 Pilates
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		18:30 - 19:30 Rückbildung		
19:30 - 20:30 Rückbildung	18:30 - 20:00 Outdoortraining - Therapie		18:45 - 19:45 Pilates (Fortgeschrittene)	