

KURSPROGRAMM WALDBRÖL AB AUGUST 2021



MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
Kursraum	Outdoor/Cardio	Kursraum	Outdoor/Cardio	Kursraum	Outdoor/Cardio	Kursraum	Outdoor/Cardio	Kursraum	Outdoor/Cardio
		FIGUR PUR 9:00 - 10:00		REHASPORT 9:00 - 10:00		YOGA RÜCKEN 9:00 - 10:15		JUMPING® 8:30 - 9:30 Neue Zeit	
REHASPORT 10:00 - 11:00		REHASPORT 10:00 - 11:00		RSP SITZEND 10:00 - 11:00		FASZIEN 10:15 - 11:15		REHASPORT 10:00 - 11:00	
RSP SITZEND 11:00 - 12:00				RSP SITZEND 11:00 - 12:00		YIN YOGA 11:15 - 12:15 Faszien		REHASPORT 11:00 - 12:00	
REHASPORT 16:00 - 17:00 Faszien		REHASPORT 16:00 - 17:00							
YIN YOGA 17:00 - 18:00		REHASPORT 17:00 - 18:00		REHASPORT 17:00 - 18:00		REHASPORT 17:00 - 18:00		ANTI STRESS 17:00 - 18:00 Faszien	
PILATES 18:00 - 19:00		REHASPORT 18:00 - 19:00		FIGUR PUR 18:00 - 19:00		JUMPING® 18:00 - 19:00		HATHA YOGA 18:00 - 19:15	
		CYCLING 19:00 - 20:00		HATHA YOGA 19:15 - 20:30		CYCLING 19:00 - 20:00			
		JUMPING® 20:00 - 21:00							