KURSPROGRAMM WALDBRÖL SEPT 2022

HAUS DER GESUNDHEIT

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
Kursraum	Outdoor/Cardio	Kursraum	Outdoor/Cardio	Kursraum	Outdoor/Cardio	Kursraum	Outdoor/Cardio	Kursraum	Outdoor/Cardio
STURZ PROPHYLAXE		FIGUR PUR 9:00 - 10:00		REHASPORT 9:00 - 10:00		YOGA RÜCKEN 9:00 - 10:15		NEU FIT MIX 9:00 - 10:00	
REHASPORT 10:00 - 11:00		REHASPORT 10:00 - 11:00		HOCKERGYM. 10:00 - 11:00		FASZIEN 10:15 - 11:15		HOCKERGYM. 10:00 - 11:00	
HOCKERGYM. 11:00 - 12:00				HOCKERGYM. 11:00 - 12:00		Faszien YIN YOGA 11:15 - 12:15		REHASPORT 11:00 - 12:00	
		REHASPORT 15:00 - 16:00							
REHASPORT 16:00 - 17:00		REHASPORT 16:00 - 17:00						REHASPORT 16:00 - 17:00	
Faszien YIN YOGA 17:00 - 18:00		REHASPORT 17:00 - 18:00		REHASPORT 17:00 - 18:00		REHASPORT 17:00 - 18:00		Faszien ANTI STRESS 17:00 - 18:00	
PILATES 18:00 - 19:00		JUMPING® 18:00 - 19:00		POWERFIT 18:00 - 19:00				HATHA YOGA 18:00 - 19:15	
HATHA YOGA 19:00 - 19:15		CYCLING 19:00 - 20:00		ENTSPANNUNG 19:00 - 20:00					