

KURSPLAN

| | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG |
|------------|-------------------------------------|--------------------------------------|-------------------------------|-----------------------------|--|--|
| VORMITTAG | 09:00 - 09:45 REHA-KURS | 09:00 - 10:00 YOPI YOGA + PILATES | 09:00 - 09:45 REHA-KURS | 09:45 - 10:30 REHA-KURS | 09:00 - 10:00 PILATES | |
| | 10:00 - 11:00 QI GONG | 10:00 - 10:45 REHA-KURS | 10:00 - 11:00 RÜCKENFIT | 10:45 - 11:30 REHA-KURS | 10:00 - 11:00 FASZIEN TRAINING + YOGA | 09:45 - 10:45 ZUMBA |
| | 11:00 - 11:45 REHA-KURS | 11:00 - 11:45 REHA-KURS | 11:00 - 11:45 REHA-KURS | | | |
| | | | | | | SONNTAG |
| NACHMITTAG | | | | 16:00 - 16:45 REHA-KURS | 15:30 - 16:15 REHA-KURS | |
| | 17:30 - 18:00 POWER BAUCH | 17:00 - 18:00 RÜCKENFIT | | 17:00 - 18:00 FASZIEN | 17:00 - 18:00 HOCHINTENSIVES INTERVALLTRAINING | 11:00 - 12:00 SKI-FITNESS HERBST-WINTER-SAISON |
| | 18:00 - 19:00 LANGHANTEL-WORKOUT | 18:00 - 18:45 REHA-KURS | 18:00 - 19:00 YOGA | 18:00 - 19:00 FIGHT CLUB | | |
| | 19:00 - 19:45 REHA-KURS | 19:00 - 20:00 FLEXI-BAR | 19:00 - 20:00 CARDIO POWER | 19:00 - 19:45 REHA-KURS | | |



SPINNING AKTUELL NUR IM MEDICON

GÜLTIG AB 03.06.2024

IGELWEG 2B | 56566 NEUWIED | TEL. 02622-7205

WWW.FITUP-RHEINWIED.COM