

# KURSPLAN

VORMITTAG

| MONTAG                     | DIENTAG                             | MITTWOCH                   | DONNERSTAG                 | FREITAG                                  | SAMSTAG                             |
|----------------------------|-------------------------------------|----------------------------|----------------------------|------------------------------------------|-------------------------------------|
| 09:00 - 09:45<br>REHA-KURS | 09:00 - 10:00<br>PILATES MEETS YOGA | 09:00 - 09:45<br>REHA-KURS | 09:45 - 10:30<br>REHA-KURS | 09:00 - 10:00<br>PILATES                 |                                     |
| 10:00 - 11:00<br>QI GONG   | 10:00 - 10:45<br>REHA-KURS          | 10:00 - 11:00<br>RÜCKENFIT | 10:45 - 11:30<br>REHA-KURS | 10:00 - 11:00<br>FASZIEN TRAINING + YOGA | 09:30 - 10:30<br>ZUMBA              |
| 11:00 - 11:45<br>REHA-KURS | 11:00 - 11:45<br>REHA-KURS          | 11:00 - 11:45<br>REHA-KURS |                            |                                          | 10:30 - 11:30<br>SELBSTVERTEIDIGUNG |
|                            |                                     |                            |                            |                                          | SONNTAG                             |

NACHMITTAG

|                                     |                            |                            |                               |                                                      |                                                      |
|-------------------------------------|----------------------------|----------------------------|-------------------------------|------------------------------------------------------|------------------------------------------------------|
|                                     |                            |                            | 16:00 - 16:45<br>REHA-KURS    | 15:30 - 16:15<br>REHA-KURS                           |                                                      |
| 17:30 - 18:00<br>POWER BAUCH        | 17:00 - 18:00<br>RÜCKENFIT |                            | 17:00 - 18:00<br>FASZIEN      | 17:00 - 18:00<br>HOCHINTENSIVES<br>INTERVALLTRAINING | 11:00 - 12:00<br>SKI-FITNESS<br>HERBST-WINTER-SAISON |
| 18:00 - 19:00<br>LANGHANTEL-WORKOUT | 18:00 - 18:45<br>REHA-KURS | 18:00 - 19:00<br>YOGA      |                               |                                                      |                                                      |
|                                     | 19:00 - 19:45<br>REHA-KURS | 19:00 - 20:00<br>FLEXI-BAR | 19:00 - 20:00<br>CARDIO POWER | 19:00 - 19:45<br>REHA-KURS                           |                                                      |



**SPINNING AKTUELL NUR IM MEDICON**

GÜLTIG AB 10.09.2025

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