

MONTAG

Walking
09:00 – 10:00
Danuta

Reha Osteop.
09:00 – 10:00
Rita

Reha Hocker
10:00 – 11:00
Rita

Power Fit
10:30 – 11:30
Danuta

Step Aerobic
19:00 – 20:00
Sandra

DIENSTAG

Reha Wirbelsäule
09:00 – 10:00
Petra

Fit & Gesund 50+
09:00 – 10:00
Caroline

Reha Wirbelsäule
10:00 – 11:00
Petra

NIA Erwachsene
18:00 – 19:00
Antje

BBP
19:00 – 20:00
Diana

MITTWOCH

Fit & Gesund 50+
09:00 – 10:00
Danuta

Power Fit
10:00 – 11:00
Danuta

Reha Wirbelsäule
11:00 – 11:45
Rita

Walking Treff
17:30 – 18:30
Danuta

DONNERSTAG

Walking Treff
09:00 – 10:00
Danuta

Nordic Walking
10:15 – 11:30
Danuta

Fit & Gesund 50+
17:00 – 18:00
Danuta

Wasser Gym
18:00 – 19:00
Lilly

Wasser Gym
19:00 – 20:00
Lilly

Multi Workout
19:00 – 20:00
Sandra

Capoeira
20:00 – 22:00
Roman

FREITAG

Wasser Gym.
09:00 – 10:00
Danuta

Bauchkiller
16:30 – 17:30
Diana