




# KURSPLAN WERNECK



| Montag  | Dienstag                         | Mittwoch                              | Donnerstag                  | Freitag                               | Samstag  | Sonntag                   |
|---|----------------------------------|---------------------------------------|-----------------------------|---------------------------------------|--|---------------------------|
| 9.00 - 9.45<br>LesMills BODYPUMP              | 9.00 - 10.00<br>Rückenfit        | 9.00 - 9.30<br>LesMills CORE          | 9.00 - 9.45<br>Rückenfit    | 9.00 - 9.30<br>LesMills CORE          |  |                           |
| 10.00 - 10.45<br>LesMills BODYBALANCE         | 10.00 - 10.45<br>Rehasport*      | 9.45 - 11.00<br>Yoga                  | 10.00 - 10.45<br>Rehasport* | 9.45 - 10.45<br>Vinyasa Yoga          | 10.00-11.00<br>Aerobics / virtuell   | 10.00 - 11.00<br>virtuell |
|   |                                  |                                       | 11.00 - 11.45<br>Rehasport* | 11.00-11.45<br>Rehasport*             |  <p style="text-align: right; font-size: small;">GS: Kursplan</p> <p style="text-align: center;"><b>Gutschein:</b><br/>1 Kursbesuch deiner Wahl</p> |                           |
| 16.00 - 16.45<br>Rehasport*                   | 16.00 - 16.45<br>Rehasport*      | 17.30 - 18.15<br>Rehasport            | 16.45 - 17.30<br>Rehasport* | 15.00 - 15.45<br>Rehasport*           |  |                           |
| 16.55 - 17.40<br>Rückenfit                    | 17.00 - 17.45<br>Rehasport*      | 18.30- 19.00<br>LesMills CORE         | 18.00-19.00<br>Vinyasa Yoga | 17.00 - 18.00<br>Cycle                |  |                           |
| 17.50 - 18.35<br>LesMills<br>BODYBALANCE FLEX | 18.45-19.30<br>Pilates ab 22.10. | 19.00 - 20.00<br>Cycle                | 19.15 - 20.00<br>Rückenfit  | 18.30 19.15<br>LesMills BODYPUMP      |  |                           |
| 18.40- 19.10<br>LesMills CORE                 |                                  | 20.15 - 21.00<br>LesMills BODYBALANCE |                             | 19.30 - 20.15<br>LesMills BODYBALANCE |  |                           |
| 19.20 - 20.05<br>Cycle                        |                                  |                                       |                             |                                       |  |                           |

\*Sonderkurs nur mit gültiger Verordnung Kursplan gültig ab 07.10.24