



# KURSPLAN BERGTHEIM



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
9.00 - 9.45 Rückenfit	9.00 - 9.45 Rehasport*	10.00 - 10.45 Rückenfit	9.00 - 10.15 Yoga Basic	9.00 - 9.45 Functional Vital
10.00 - 10.45 Rückenfit		11.00- 11.45 Rehasport*	10.30 - 11.15 Rehasport*	10.00 - 10.45 Rehasport*
11.00 - 11.45 Rehasport*				11.00-11.45 Rehasport*
16.00 - 16.45 Rehasport*	16.30 - 17.15 Rehasport*	17.00 - 17.45 Rehasport	16.30 - 17.15 Rehasport*	
17.00 - 18.15 Lu Jong Yoga	17.30- 18.00 Aerobic	18.00 - 18.45 Rehasport	17.30 - 18.15 Rehasport*	
18.30 - 19.00 LesMills CORE	18.15 - 19.15 LesMills BODYBALANCE	19.00 - 20.00 LesMills BODYPUMP	18.30 - 19.00 LesMills CORE	
19.00 - 20.00 LesMills BODYPUMP	19.30 - 20.30 Cycle	20.00 - 21.00 LesMills CORE	19.00 - 20.00 Cycle	
20.00 - 20.30 HIIT			20.15 - 20.45 LesMills BODYBALANCE	



GS. Kursplan

Gutschein:  
1 Kursbesuch deiner Wahl

**SPiRiT** 4  
Fitness & Gesundheit

\*Sonderkurs nur mit gültiger Verordnung

Kursplan gültig ab 02.04.24