





KURSPLAN WERNECK



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.00 - 9.45 LesMills BODYPUMP	9.00 - 10.00 Rückenfit	9.00 - 9.30 LesMills CORE	9.00 - 9.45 Rückenfit	9.00 - 9.30 LesMills CORE		
10.00 - 10.45 LesMills BODYBALANCE	10.00 - 10.45 Rehasport*	9.45 - 11.00 Yoga	10.00 - 10.45 Rehasport*	9.45 - 10.45 Vinyasa Yoga	10.00-11.00 Aerobics / virtuell	10.00 - 11.00 virtuell
			11.00 - 11.45 Rehasport*	11.00-11.45 Rehasport*	 <p style="text-align: right; font-size: small;">GS: Kursplan</p> <p style="text-align: center;">Gutschein: 1 Kursbesuch deiner Wahl</p>	
16.30 - 17.15 Rehasport*	16.00 - 16.45 Rehasport*	17.30 - 18.15 Rehasport	16.45 - 17.30 Rehasport*	15.00 - 15.45 Rehasport*		
17.30 - 18.15 LesMills BODYBALANCE FLEX	17.00 - 17.45 Rehasport*	18.30- 19.00 LesMills CORE	17.40 - 18.40 Rückenfit	17.00 - 18.00 Cycle		
18.30 - 19.00 LesMills CORE	18.45 - 19.15 Bauch Beine Po	19.00 - 20.00 Cycle	18.45 - 19.45 Vinyasa Yoga	18.30 19.15 LesMills BODYPUMP		
19.15 - 20.00 Cycle	19.15 - 19.45 Vinyasa Yoga	20.15 - 21.00 LesMills BODYBALANCE		19.30 - 20.15 LesMills BODYBALANCE		
20.15 - 21.00 Rückenfit						

*Sonderkurs nur mit gültiger Verordnung

Kursplan gültig ab 02.04.24