

# Kursplan Vital Plus Hahnstätten März/April 2022

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
			09:00 - 09:45 Reha-Sport Nadine	09:00 - 09:45 Reha-Sport Nadine
		10:00 - 10:45 Reha-Sport Nadine	10:00 - 10:45 Reha-Sport Nadine	10:00 - 10:45 Reha-Sport Nadine
		11:00-11:45 Rund um Fit Nadine	11:00 - 11:45 Reha-Sport Nadine	11:00 - 11:45 Reha-Sport Nadine
		17:00 - 18:00 Yoga Anja Afscharian	16:45 - 17:45 Bauch Beine Po Anja Spohr  NEUE ZEIT!	16:00 - 16:30 Faszientraining Julius
17:45-18:45 Ganzkörpertraining Kerstin	18:00 - 18:45 Reha-Sport Julius	18:00 - 19:00 Zumba Lane	18:00 - 18:45 Reha-Sport Wibke	17:00 - 17:50 Hula Hoop Training Karoline  AB 04.03. NEU!
19:00 - 19:45 Reha-Sport Saman	19:00 - 19:45 Reha-Sport Julius	19:00-19:50 Yin Yoga Anja Afscharian	19:00 - 19:45 Reha-Sport Wibke	18:00 - 18:45 Zirkeltraining Chiara