

Vital+ Kursplan ab Januar 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
			9:00-09:45 Rehasport Nadine	9:00-09:45 Rehasport Nadine	
		10:00-10:45 Rehasport Nadine	10:00-10:45 Rehasport Nadine	10:00-10:45 Rehasport Nadine	10:00-11:00 Zirkeltraining Anja Spohr <i>Ab 14.01. alle 14 Tage</i>
	12:00-12:45 Rehasport Kirsten	11:00-11:45 Rund um Fit Nadine	11:00-11:45 Rehasport Nadine	11:00-11:45 Rehasport Nadine	
			17:00-17:50 Fit & Stretch Anja Spohr	16:00-16:30 Faszientraining Julius	
18:00-18:55 Ganzkörpertraining Kerstin	18:00-18:45 Rehasport Julius	18:00-19:00 Zumba Lane	18:15-19:15 Achtsamkeit Giulia	17:00-17:45 18:00-18:45 19:00-19:45	
19:00-19:45 Rehasport Julius	19:00-19:45 Rehasport Julius	19:00-20:15 Yoga Anja Afscharian	<i>Ab 01.02. alle 14 Tage</i>	Rehasport Kirsten	