

# Vital+ Kursplan Sommer/Herbst 2024



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
			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
	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
		18:00-19:00 Zumba Lane (Wieder ab 04.09)	17:00-17:50 Fit & Stretch Julia (Wieder ab 12.09.)	16:00-16:30 Faszientraining Julius
18:00-19:00 Ganzkörpertraining Kerstin	18:00-18:45 Rehasport Julius			17:00-17:45 18:00-18:45 19:00-19:45 Rehasport Kirsten
19:00-19:45 Rehasport Julius	19:00-19:45 Rehasport Julius	19:00-20:15 Yoga Anja Afscharian	18:00-19:00 Qi-Gong (NEU) Chris	