

Vital+ Kursplan Januar 2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	Samstag
			9:00-09:45 Rehasport Nadine	9:00-09:45 Rehasport Nadine	Alle 14 Tage 11:00-12:00 Effektives Core-Training Silke
		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 Ganzkörpertraining Kerstin	18:00-18:45 Rehasport Julius	18:00-19:00 Zumba Lane	17:00-17:50 Fit & Stretch Julia	16:00-16:30 Faszientraining Julius	
19:00-19:45 Rehasport Julius	19:00-19:45 Rehasport Julius	19:00-20:00 Yoga Mareike (Anja ab Februar)		17:00-17:45 18:00-18:45 19:00-19:45 Rehasport Kirsten	