

Kursplan

Gültig bis September 2021

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|--|---------------------------------------|--------------------------------------|--|-------------------------------------|
| | Linedance 08:30 - 09:20 Erika | | Body-Mind 08:30 - 09:20 Silke | RückenFit 09:00 - 09:50 Silke |
| Cycling 09:00 - 09:50 Jogi | Body-Mind 09:30 - 10:20 Erika | | Rehasport 09:30 - 10:20 Lars | BALLance 10:00 - 10:50 Silke |
| Yoga 10:30 - 11:45 Hagen | | | Rehasport 10:30 - 11:30 Lars | |
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| | | | Rehasport 15:30 - 16:30 Jule | |
| Wirbelsäulengymnastik 16:00 - 16:50 Jule/Silke | DDP 16:30 - 17:30 Dörte | Yoga 16:30 - 18:00 Petra | | DDP 16:00 - 19:30 Dörte |
| BauchBeinePo 17:00 - 17:50 Ines | | | | |
| Rehasport 18:00 - 19:00 Lars | EnergyStep 17:30 - 18:30 Bärbel | Zumba 18:00 - 18:50 Ines | Cycling 18:00 - 18:50 Jogi | |
| Rehasport 19:00 - 20:00 Lars | HIIT 18:30 - 19:30 Bärbel | Rückenfit 19:00 - 19:50 Janine | Pilates 19:00 - 19:50 Antje/Ines | |
| | Cycling 19:30 - 20:20 Jogi | | | |
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