



Kursplan

Gültig ab 01.10.2025

Montag Dienstag Mittwoch Donnerstag Freitag Samstag Sonntag

9.00 - 10.00	REHASPORT 9.00 - 9.45		REHASPORT 9.00 - 9.45	LANGHANTEL 09:00 – 10.00	REHASPORT 9.00 - 9.45		
10.00 - 11.00	Rückenfit 10.00 – 11.00		REHASPORT 10.00 - 10.45		REHASPORT 10.00 - 10.45		
15.00 - 16.00						INDOOR Cycling 15.00 - 16.00	
17.00 - 18.00			REHASPORT 17.45-18.30	REHASPORT 18.00-18.45	INDOOR Cycling 17:00 - 18.00		POLE-DANCE 11.00 - 11.45 Externer Kurs
18.00 - 19.00	REHASPORT 18.00-18.45	INDOOR Cycling 18.00 – 19.00	REHASPORT 18.45 – 19.30	PILATES (Equipment) 19.00 - 20.00	BEWEGTER RÜCKEN 18.00 - 19.00		POLE-DANCE 12.00 - 12.45 Externer Kurs
19.00 - 20.00	Langhantel 19.00 – 20.00	BODYFORMING 19.00 - 20.00	POLE-DANCE 19.45 - 20.45 Externer Kurs	Zirkeltraining 19.00 – 20.00			

BODY – JIM Fitness; Gewerbering Ost 24a; 93155 Hemau; Tel.Nr. 09491/3355