

KURSPLAN**PHYSIOAKTIV**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
PILATES 9:30 – 10:30 <i>Anne</i>	BBP 10:00 – 11:00 <i>Tatjana</i>	CYCLING 10:30 – 11:30 <i>Anne</i>	RÜCKEN-AKTIV 9:30 – 10:30 <i>Birgit</i>	BODYSTYLING 10:30 – 11:30 <i>Petra</i>	YOGA 16:00 – 17:15 <i>Bärbel (geschlossener Kurs)</i>
CYCLING 18:15 – 19:15 <i>Alex</i>	WSG 18:00 – 19:00 <i>Birgit</i>	THORSO-STABI 18:00 – 18:45 <i>Philipp</i>	PILATES 18:00 – 19:00 <i>Anne</i>		
HIGH INTENSE 19:15 – 20:00 <i>Lea</i>	STRETCH RELAX 19:00 – 19:30 <i>Birgit</i>		RUMPF TOTAL 19:00 – 20:00 <i>Tatjana</i>		
CYCLING 19:15 – 20:15 <i>Alex</i>	YOGA 19:30 – 20:45 <i>Bärbel</i>		CYCLING 19:15 – 20:15 <i>Andrea</i>		

AB 1.11.2019