

**KURSPLAN****PHYSIOAKTIV**

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

**AB 2.3.2020**