

Kursplan

Nov 23

SissFit Tel.: 176 973 943 96

oder

02823-8792345

Uhrzeit	Montag	Uhrzeit	Dienstag	Uhrzeit	Mittwoch	Uhrzeit	Donnerstag	Uhrzeit	Freitag
08:40 70 Minuten	Reha	09:00 45 Minuten	Rehasport	08:40 70 Minuten	Reha	08:30 45 Minuten	Rehasport		
10:00 45 Minuten	Reha Damen	10:00 45 Minuten	Reha Damen	10:00 45 Minuten	Rehasport	09:30 45 Minuten	Rehasport	09:45 45 Minuten	Rehasport
09:00 45 Minuten	Reha Wasser	11:00 45 Minuten	Rehasport	11:00 45 Minuten	Reha Damen			10:45 45 Minuten	Rehasport
09:45 45 Minuten	Reha Wasser	13:00 45 Minuten	Reha Wasser	10:45 45 Minuten	Reha Wasser	11:00 45 Minuten	Rehasport		<b>STRETCH</b>
10:30 45 Minuten	Reha Wasser	13:45 45 Minuten	Reha Wasser	11:30 45 Minuten	Reha Wasser	12:30 45 Minuten	Reha Wasser		
11:15 45 Minuten	Reha Wasser	14:30 45 Minuten	Reha Wasser	12:15 45 Minuten	Reha Wasser	13:15 45 Minuten	Reha Wasser	12:15 45 Minuten	Reha Wasser
11:30 45 Minuten	Reha Wasser	15:15	Reha Wasser	13:00 45 Minuten	Reha Wasser			13:00 45 Minuten	Reha Wasser
12:15 45 Minuten	Reha Wasser	14:30 45 Minuten	Reha Damen	14:45 45 Minuten	Reha Lunge	16:30 45 Minuten	Rehasport	13:45 45 Minuten	Reha Wasser
13:00 45 Minuten	Reha Wasser	16:00 70 Minuten	Reha	15:30 45 Minuten	Reha Wasser	17:20 45 Minuten	Rehasport	14:30 45 Minuten	Reha Wasser
17:00 45 Minuten	Rehasport	17:30 45 Minuten	Rehasport	16:15 45 Minuten	Reha Wasser	18:10 60 Minuten	Herzsport		
18:00 45 Minuten	Rehasport	18:30 45 Minuten	Rehasport	18:00 45 Minuten	Reha Wasser	19:15 70 Minuten	Reha		
19:00 45 Minuten	Rehasport	19:30 45 Minuten	Rehasport	18:45 45 Minuten	Reha Wasser				
				18:00 45 Minuten	Rehasport				
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