

Kursplan

Aug 21

SissFit Tel.:

17697394396

oder

02823-8792345

Uhrzeit	Montag	Uhrzeit	Dienstag	Uhrzeit	Mittwoch	Uhrzeit	Donnerstag	Uhrzeit	Freitag	Uhrzeit	Samstag
08:40 70 Minuten	Reha Fitness	09:00 45 Minuten	Rehasport	08:40 70 Minuten	Reha Fitness	08:30 45 Minuten	Rehasport	08:30 Uhr 60 Minuten	Step Aerobic	09:30 Uhr 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				
08:00 45 Minuten	Reha Wasser	11:00 45 Minuten	Rehasport	11:00 45 Minuten	Reha Damen	11:00 45 Minuten	Rehasport	10:45 45 Minuten	Rehasport		
08:45 45 Minuten	Reha Wasser	13:00 45 Minuten	Reha Wasser	10:45 45 Minuten	Reha Wasser	11:00 45 Minuten	Rehasport	11:45 45 Minuten	Rehasport		
09:30 45 Minuten	Reha Wasser	13:45 45 Minuten	Reha Wasser	11:30 45 Minuten	Reha Wasser	12:30 45 Minuten	Reha Wasser	12:15 45 Minuten	Reha Wasser		
10:15 45 Minuten	Reha Wasser	14:30 45 Minuten	Reha Wasser	12:15 45 Minuten	Reha Wasser	13:15 45 Minuten	Reha Wasser	13:00 45 Minuten	Reha Wasser		
		15:15 45 Minuten	Reha Wasser	13:00 45 Minuten	Reha Wasser			13:45 45 Minuten	Reha Wasser		
		14:30 45 Minuten	Reha Damen					14:30 45 Minuten	Reha Wasser		
		16:00 70 Minuten	Reha Fitness								
17:00 45 Minuten	Rehasport	17:30 45 Minuten	Rehasport			17:00 45 Minuten	Rehasport				
18:00 45 Minuten	Rehasport	18:30 45 Minuten	Rehasport	18:00 45 Minuten	Rehasport	18:00 45 Minuten	Rehasport	18:00 45 Minuten	Rehasport		
19:00 45 Minuten	Rehasport	19:30 45 Minuten	Rehasport	19:00 45 Minuten	Rehasport	19:00 70 Minuten	Reha Fitness				