

Fitness Kurse Indoor

- Pilates
- TRX Suspension Training
- Rückentraining

Fitness Kurse Outdoor

- Outdoortraining - Fitness

Therapie Kurse

- Rückbildung
- Wassertherapie
- Outdoortraining - Therapie

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	9:00 - 09:50 Pilates	9:00 - 10:00 Rückentraining	9:00 - 09:50 Pilates		9:00 - 09:50 Pilates
	11:30-12:00 Wassertherapie				
		12:00 - 12:50 Pilates		12:00 - 12:50 Pilates	
				17:00-17:30 Wassertherapie	
	17:30-17:55 TRX				
		17:30 - 18:20 Pilates			
	18:30 - 19:30 Outdoortraining - Fitness	18:30 - 20:00 Outdoortraining - Therapie	18:15 - 19:15 Rückbildung	18:45 - 19:35 Pilates (Fortgeschrittene)	
	18:30 - 19:30 Rückbildung				
	19:30 - 20:30 Rückbildung				