

# KURSPLAN

Praxis  
vital




Montag

Dienstag

Mittwoch

Donnerstag

Freitag

9:00 - 9:45			Aqua Fitness in den Sommerferien		
9:00 - 10:00		Reha-Sport		Reha-Sport	
10:00 - 10:45			Aqua Fitness		
10:00 - 11:00		Reha-Sport		Step Aerobic	
18:00 - 19:00			Body Style		
18:30 - 19:30	Pilates (Reha-Sport)	Reha-Sport nur im Winter!			
18:45 - 19:30		Aqua Fitness			
19:00 - 20:00				Reha-Sport	
20:00 - 21:00		Zumba Fitness			