

# Kursplan Trainingslounge am Rathauspark

Stunden	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08.00		08.15 - 09.00 Reha - Felix	08.15 - 09.00 Reha - Jürgen	08.15 - 09.00 Reha - Felix	
09.00	09.00 - 09.45 Reha - Dieter	09.15 - 10.00 Reha - Felix	9.15 - 10.00 Capo-Bo-Bic Philipp	09.00-09.45 Reha - Felix	09.00 - 09.45 Reha - Nathalie
10.00	10.00 - 10.45 FFB - Dieter	10.00 - 11.00 Five meets Blackroll Philipp	10.00 - 11.30 Yoga	10.00-11.30 Beckenboden Moni	09.45 - 10.30 Reha - Nathalie
16.00					16.00 - 16.45 Reha-Jürgen
17.00	17.00 - 17.45 Rücken-Relax Felix 17.45 - 18.25 18.30 - 19.10 TRX - Philipp	18.00 - 18.45 FFB - Felix		16.30 - 18.00 Yoga	17.00-17.45 Kettlebell Julian
18.00		18.45 - 19.15 Mobility - Felix	18.15 - 19.00 Reha - Nathalie	18.00 - 19.00 Beckenboden - Physio	
19.00	19.15 - 20.00 Reha - Felix	19.45 - 20.30 Reha - Felix	19.00 - 19.45 Reha - Nathalie	19.15 - 20.15 Beckenboden - Physio	
20.00		20.30 - 21.00 Kettlebell Julian	19.45 - 20.30 Reha - Nathalie		