

## Kursplan Stand 21.11.2017

Stunden	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08.00		08.15 - 09.00 Reha Barbara	08.15 - 09.00 Reha - Jürgen		
09.00		09.15 - 10.00 Reha Barbara 10.00 - 11.00	9.15 - 10.00 Capo-Bo-Bic Philipp	09.00-09.45 Reha - Dominik	09.00 - 09.45 Reha - Nathalie
10.00	10.00 - 10.45 FFB - Corinna	Five meets Blackroll	10.00 - 11.30 Yoga (Start Okt.)	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-Dominik	17.45 - 18.30 FFB - Dominik		16.30 - 18.00 Yoga (Start Okt.)	
18.00		18.45 - 19.30 Boxilates Corinna	18.15 - 19.00 Reha - Nathalie 19.00 - 19.45	18.00 - 19.00 Pilates - Physiotherapie	17.15 - 18.00 BOP - Nathalie
19.00	19.15 - 20.00 Reha - Dominik	19.45 - 20.30 Reha - Dominik	19.45 - 20.30 Reha - Nathalie	19.15 - 20.15 Pilates - Physiotherapie	18.00 - 19.00 Five meets Blackroll
20.00	20.00 - 20.45 Kettlebell Julian		20.30 - 21.00 Kettlebell Julian		