

Sport & Gesundheitstreff

Kursplan 2010

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:00		Herzsport 08.00-09.30 Fr.Dr. Kotsch + Igor			
8:30					
9:00					
9:30	Ges.Sport / Gymnastik 09.30-10.30 Igor	Reha-Sport KR 10.00-11.00 Igor	Reha-Sport Gym. 10.00-11.00 Igor	Ges.Sport / Gymnastik 09.30-10.30 Christian	Ges. Sport-Reha-Sport 09.30-10.30 Igor
10:00					
10:30					
11:00		Rückbildungsgym. 11.15-12.15 Katrin	Reha-Sport Gym. 11.30-12.30 Igor	Rückbildungsgym. 11.00-12.00 Katrin	
11:30					
12:00					
12:30					
13:00					
13:30					
14:00					
14:30					
15:00					
15:30					adipositas Sport Kinder 15.30-16.30 Igor
16:00					
16:30					adipositas Sport Kinder 16.30-17.30 Igor
17:00					
17:30	Flexi Bar Training 18.00-18.30 Andy		Reha-Sport Gym. <i>in der</i> <i>GS 46</i> Igor 17.30-18.30		
18:00					
18:30	Rücken Fit 18.30-19.30 Andy	Step Aerobic 18.30-19.30 Belinda	Soft Aerobic 19.00-20.00 Igor		
19:00					
19:30					
20:00	Yoga 20.00-21.30 Jessica				
20:30					