

# Kursprogramm 2017

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
V O R	09:05 - 10:05 Rehasport	09:15 - 10:45 Yoga	09:05 - 10:05 Rehasport	09:05 - 10:05 Rehasport	08:00 - 09:00 Rehasport
M I T	10:05 - 11:05 Rehasport Senioren			09:15 - 10:45 Yoga	09:00 - 10:00 Rehasport
T A G	11:05 - 12:05 Rehasport Senioren			10:05 - 11:05 Rehasport	

N A C H	16:25 - 17:25 Rehasport Kinder & Jugendliche	14:15 - 15:15 VHS - mit Spaß in Bewegung bleiben	14:30 - 15:15 Sen. Hockergym. KBW Holtwick	14:00 15:30 Yoga	15:00 - 16:00 Babymassage JFB
M I T	17:25 - 18:25 Rehasport	17:25 - 18:25 Rehasport	17:25 - 18:25 Rehasport	17:00 - 18:00 Rehasport	17:00 - 19:00 Meditation VHS
T A G	18:00 - 19:30 Yoga	18:30 - 19:30 Zumba Fitness	18:00 - 19:00 Rückenschule KBW Holtwick	18:00 - 19:00 Rehasport	
	18:30 - 19:30 Rehasport	18:30 - 19:30 Rehasport	18:30 - 20:00 Yoga	19:00 - 20:00 Rehasport	
	19:30 - 20:30 Rehasport	19:00 - 20:00 Männerymnastik KBW Legden	18:40 - 19:40 Rehasport	19:00 - 20:00 Cardio Step	
	19:45 - 21:15 Yoga	19:30 - 20:30 Rehasport	19:00 - 20:00 Rückenschule KBW Osterwick		
			19:00 - 20:00 <b>NEU:Zumba Fitness</b> (Kleinsporthalle Legden)		