

Kursplan PhysioTRAINING

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8.00 – 9.00	NEU				
8.30 – 9.00	WS-Gym				Pilates Neuro
9.00 – 9.30	NEU			Pilates	
9.30 – 10.00	Pilates für Männer				
10.00 – 10.30	10.15-11.45 Delfi		Osteoporose Gym	Pilates	Delfi
10.30 – 11.00					
11.00 – 11.30				Pilates	
11.30 – 12.00					
13.00 – 13.45					NEU
13.45 – 14.15					Physio Yoga
15.00 – 15.30					
15.30 – 16.00					
16.00 – 16.30				Pilates	Ab Herbst jeden 1. und 3. Open House
16.30 – 17.00					
17.00 – 17.30				Functional Training	
17.30 – 18.00					
18.00 – 18.30	Pilates	Pilates	18.45-19.45	WS-Gym	Pilates
18.30 – 19.00					
19.00 – 19.30	Pilates	Pilates	Laufschule Outdoor	Pilates	Anfänger Pilates
19.30 – 20.00					
20.00 – 20.30	WS-Gym	Functional Training		Pilates	
20.30 – 21.00					