

Kursplan

16.10.2017 - 22.10.2017

Muskelkater
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Montag 16.10.2017	Dienstag 17.10.2017	Mittwoch 18.10.2017	Donnerstag 19.10.2017	Freitag 20.10.2017	Samstag 21.10.2017	Sonntag 22.10.2017
09:15 - 10:00 Reha-Sport	09:15 - 10:00 Reha-Sport	10:30 - 11:15 TRX-Training	09:15 - 10:00 Reha-Sport	09:30 - 11:30 Yoga		10:30 - 11:30 Zumba Fitness
17:00 - 17:50 Fitness-Boxen	09:45 - 11:15 Nordic Walking	17:15 - 18:00 Langhantel Training...	10:00 - 11:00 Body Workout	09:45 - 11:15 Nordic Walking		
18:00 - 18:50 Langhantel Training...	17:00 - 17:50 WSG/Reha Sport	18:10 - 19:30 Yoga	10:15 - 11:00 Reha-Sport	16:00 - 16:45 Reha-Sport		
19:00 - 20:00 Zumba Fitness	18:00 - 18:50 Pilates / Reha-Spor...	18:15 - 18:45 Calisthenics	17:00 - 17:45 TRX-Training	17:00 - 17:50 WSG/Reha Sport		
	19:00 - 19:50 World Jumping	19:00 - 19:45 Reha-Sport	18:00 - 19:00 Fitness-Boxen	18:00 - 18:50 TRX-Training		
		19:45 - 20:45 Indoor Cycling	19:15 - 20:15 Tai-Bo	19:00 - 19:50 Mobility Training		

- Ausdauer und Fat...
- Dance & Fun
- Kraft und Straff...
- Körper und Entsp...
- Reha-Sport

Stand: 22.10.2017