

# Kursplan

## Präsenz & Online - Live Training

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	8.00 - 8.45 \$44 Rehasport		8.00 - 8.45 \$44 Rehasport	
9.15 - 10.00 \$44 Rehasport	9.00 - 9.55 Pilates 	8.45 - 9.30 \$44 Rehasport	9.00 - 9.45 \$44 Rehasport	9.00 - 10.00 Yoga Flow 
10.15 - 11.00 Rehasport ohne Rezept		10.00 - 11.30 Hatha Yoga 		10.15 - 11.00 Rehasport ohne Rezept
15.45 - 16.30 \$44 Rehasport				
16.45 - 17.30 \$44 Rehasport			17.00 - 17.45 \$44 Rehasport	
17.45 - 18.45 Yin Yoga 	16.00 - 16.45 \$44 Rehasport		18.00 - 18.45 \$44 Reha Sport	
19.00 - 20.00 Yoga Flow 	17.00 - 18.30 Hatha Yoga 	18.00 - 18.55 Pilates 	19.15 - 20.45 Yin Yoga 	18.00 - 19.15 Männer Yoga 