

Kursplan

Präsenz & Online - Live Training

Montag




9.15 - 10.00
\$44 Rehasport

10.15 - 11.00
Rehasport
ohne Rezept

15.45 - 16.30
\$44 Rehasport


16.45 - 17.30
\$44 Rehasport

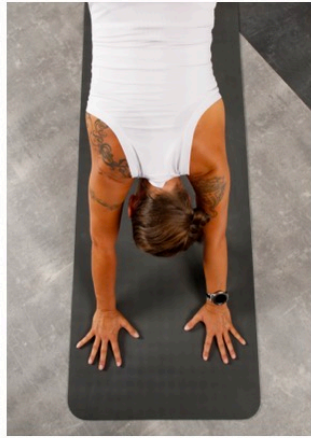
17.45 - 18.45
Yin Yoga 

19.00 - 20.00
Yoga Flow 


Dienstag

8.00 - 8.45
\$44 Rehasport

9.00 - 9.55
Pilates 




16.00 - 16.45
\$44 Rehasport

17.00 - 18.30
Hatha Yoga 


Mittwoch



8.45 - 9.30
\$44 Rehasport

10.00 - 11.30
Hatha Yoga 



18.00 - 18.55
Pilates 

Donnerstag

8.00 - 8.45
\$44 Rehasport

9.00 - 9.45
\$44 Rehasport



17.00 - 17.45
\$44 Rehasport

18.00 - 18.45
\$44 Reha Sport

19.15 - 20.45
Yin Yoga 

Freitag



9.00 - 10.00
Yoga Flow 

10.15 - 11.00
Rehasport
ohne Rezept



18.00 - 19.15
Männer Yoga 