

impuls Kursplan

Stand: Dezember 2021

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.30 – 10.30 Bodystyling Arnold	9.30 – 10.15 Rehasport Marqit	9.15 – 10.10 Zumba Tina	10.00 – 11.00 Flexifit Lothar	9.45 – 10.30 Rehasport Marqit	9.15 – 10.00 Rehasport Marqit	
	10.15 – 11.00 Rehasport Marqit	10.15 – 11.15 Pilates Tina		10.35 – 11.30 Rehasport Marqit	10.00 – 10.45 Rehasport Marqit	
Lauffreff ca. 60 Minuten			Lauffreff ca. 30 Minuten			
	17.45 – 18.10 Kettlebell Workout Sandra					
17.30 – 18.20 Yoga Nicole	18.15 – 19.00 Rebounding Sandra	17.30 – 18.10 Tabata Tina	18.30 – 19.25 myline Fit nur bei laufendem Kurs	18.00 – 18.45 Rebounding Sandra		
18.30 – 19.20 Bodyforming Regina	19.05 – 19.25 Bauchkiller Arnold	18.15 – 19.15 Zumba Tina	19.30 – 20.30 Highspeed Power-Dumbell Arnold	19.00 – 19.45 Rehasport Tanja		
19.30 – 20.30 Power-Dumbell Arnold	19.30 – 20.30 Bauch-Beine-Po Briqitte			19.45 – 20.30 Rehasport Tanja		
19.30 – 20.30 Functional Fitness Michael		19.30 – 20.30 Functional Fitness Michael				