

Kursplan TrePila Gesundheitsstudio

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Rehasport 08:00 - 08:45	Rehasport 08:00 - 08:45	Rehasport 08:00 - 08:45	Aqua 08:00 - 09:00	Pilates 09:00 - 10:00
TaiChi 09:00 - 10:00	Ausdauer 09:00 - 10:15	Pilates 09:15 - 10:15	Rücken 09:00 - 10:15	Rücken 09:15 - 10:30	Power Workout 10:00 - 11:00
Training 4You 09:00 - 10:00	Yoga 09:15 - 10:15	Training 4You 09:00 - 10:00	Free Training 10:15 - 11:15	Training 4You 09:00 - 10:00	
QiGong 10:00 - 11:00	Faszien-training 10:15 - 11:15	CardioFusion 10:15 - 11:00	Cycle Well 10:15 - 11:00	CardioFusion 10:30 - 11:15	Trampolin Swing 11:15 - 12:15
Training 4You 10:00 - 11:00	Pilates 10:15 - 11:15	Training 4You 10:00 - 11:00	Free Training 10:15 - 11:15	Training 4You 10:00 - 11:00	
Rücken 11:15 - 12:30	Rücken 11:15 - 12:30	Aqua 11:15 - 12:15	Rücken 11:15 - 12:30	Faszien-training 11:30 - 12:30	Rücken 12:15 - 13:30
Ausdauer 11:15 - 12:30	Vital 11:15 - 12:30	Rücken 11:15 - 12:30	Vital 11:15 - 12:30	Training 4You 11:00 - 12:30	
Training 4You 12:30 - 13:30	Aqua 11:45 - 12:45	Rücken 12:30 - 13:45	Training 4You 12:30 - 13:30	Rücken 12:30 - 13:45	Training 4You 13:30 - 14:00
Pause 14:00 - 15:00	Pause 12:30 - 15:00	Pause 14:00 - 15:00	Pause 12:30 - 15:00	Pause 14:00 - 15:30	
Rehasport 15:00 - 15:45	Rehasport 15:00 - 15:45	Aqua 15:00 - 16:00	Rehasport 15:00 - 15:45	Pilates 15:30 - 16:30	
Free Training 15:45 - 16:45	Pilates 16:00 - 17:00	Aqua 16:00 - 17:00	Power Workout 16:00 - 17:00	Trampolin Swing 16:30 - 17:30	
CardioFusion 16:00 - 16:45	Free Training 16:00 - 17:00	Training 4You 16:00 - 17:00	Training 4You 16:00 - 17:00	Free Training 16:30 - 17:45	
Rücken 16:45 - 18:00	Rücken 16:45 - 18:00	Training 4You 17:00 - 18:00	QiGong 17:00 - 18:00	Aqua 17:00 - 18:00	
Ausdauer 16:45 - 18:00	Free Training 17:00 - 18:00	Free Training 17:00 - 18:00	Rücken 17:00 - 18:15	Rücken 17:00 - 18:15	
Rücken 18:00 - 19:15	Trampolin Swing 18:00 - 19:00	Ausdauer 17:45 - 19:00	Beckenboden 18:00 - 19:00	Faszien-training 17:45 - 18:45	
Training 4You 18:00 - 19:00	Training 4You 18:00 - 19:00	Free Training 18:00 - 19:00	CardioFusion 18:15 - 19:00	Free Training 17:45 - 18:45	
Power Workout 19:15 - 20:15	Rücken 19:00 - 20:15	Trampolin Swing 19:00 - 20:00	Training 4You 18:15 - 19:00	Rücken 18:45 - 20:00	
Rücken 19:00 - 20:15	Ausdauer 19:00 - 20:15	Rücken 19:00 - 20:15	TaiChi 19:15 - 20:15		
Faszien-training 20:30 - 21:30	Autogenes Training 20:15 - 21:15	Yoga 20:15 - 21:15	Rücken 20:15 - 21:30	Ausdauer 20:15 - 21:30	
Free Training 20:15 - 21:30	Free Training 20:15 - 21:30	Rücken 20:15 - 21:30			

■ Ausdauerkurse
 ■ Entspannungskurse
 ■ Kraftkurse
 ■ Individual - Training
 ■ Rehasport

Unterstrichene Kurse werden von allen gesetzlichen Krankenkassen bezuschusst

Gültig von Anfang Oktober 2019 bis Ende April 2020