

Kursplan TrePila Gesundheitsstudio

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Rehasport 08:00 - 08:45	Rehasport 08:00 - 08:45	Rehasport 08:00 - 08:45	Rehasport 08:00 - 08:45	Yoga 08:00 - 09:00	Walking 09:00 - 10:00
TaiChi 09:00 - 10:00	Yoga 09:00 - 10:00	Pilates 09:00 - 10:00	Rücken 09:00 - 10:00	Rücken 09:15 - 10:15	Ausdauer 10:15 - 11:15
QiGong 10:15 - 11:15	Pilates 10:15 - 11:15	CardioFusion 10:15 - 11:00	Balance Fitness 10:15 - 11:15	CardioFusion 10:30 - 11:15	Pilates 11:30 - 12:30
Rücken 11:30 - 12:30	Rücken Vital 11:30 - 12:30	Rücken 11:30 - 12:30	Rücken Vital 11:30 - 12:30	Faszientraining 11:30 - 12:30	Rücken 12:45 - 13:45
				Easy Dance 12:45 - 13:45	
Pause 12:30 - 15:00	Pause 12:30 - 15:00	Pause 12:30 - 15:00	Pause 12:30 - 15:00	Pause 14:00 - 15:30	
Rehasport 15:00 - 15:45	Rehasport 15:00 - 15:45	Rehasport 15:00 - 15:45	Rehasport 15:00 - 15:45	Pilates 15:30 - 16:30	
Outdoor Balance Fitness 16:00 - 17:00	Pilates 16:00 - 17:00	Balance Fitness 16:00 - 17:00	Rücken 16:00 - 17:00	Ausdauer Outdoor 16:00 - 17:00	Ausdauer 16:45 - 17:45
Rücken 17:15 - 18:15	Rücken 17:15 - 18:15	Trampolin Swing 17:15 - 18:15	QiGong 17:15 - 18:15	CardioFusion 17:15 - 18:00	Faszientraining 18:00 - 19:00
Walking 17:15 - 18:15		Walking 17:15 - 18:15	CardioFusion 17:15 - 18:00		
Yoga 18:30 - 19:30	Ausdauer Outdoor 18:30 - 19:30	Rücken 18:30 - 19:30	Beckenboden 18:30 - 19:30	Rücken 18:30 - 19:30	Rücken 19:15 - 20:15
Ausdauer Outdoor 18:30 - 19:30	Ausdauer 18:30 - 19:30	Ausdauer Outdoor 18:30 - 19:30	Rücken 18:30 - 19:30		
Rücken 19:45 - 20:45	Rücken 19:45 - 20:45	Yoga 19:45 - 20:45	TaiChi 19:45 - 20:45	Autogenes Training 19:45 - 20:45	

■ Ausdauerkurse
 ■ Entspannungskurse
 ■ Kraftkurse
 ■ Rehasport

Unsere Kurse werden von allen gesetzlichen Krankenkassen bezuschusst