

KURSPLAN PRÄVENTION

gültig ab dem 01.03.2024

| MONTAG | | DIENSTAG | | MITTWOCH | | DONNERSTAG | | FREITAG | |
|--|---|--|--|---|---|---|--|--|--|
| Kursraum | Kursraum | Kursraum | Kursraum | Kursraum | Kursraum | Kursraum | Kursraum | Kursraum | Kursraum |
| | | | | | | | | | |
| | | | | 08:15 - 09:00 Fit im Alltag Elena KR 1 | | | | | |
| 09:00 - 09:45 BBP Celina KR 1 | | 09:00 - 09:30 HWS Pamela KR 1 | | 09:00 - 09:45 Fit im Alltag Elena KR 1 | | 09:00 - 10:00 Hatha Yoga Ina KR 1 | | 09:00 - 09:45 Früh Fit Jessi KR 1 | |
| 09:45 - 10:15 HWS Celina KR 2 | 12:20 - 12:50 Wasser Gym Jessi Bad | 09:30 - 10:00 Rücken Fit Pamela KR 1 | | 09:45 - 10:15 RückenFit Dominik KR 2 | 12:20 - 12:50 Wasser Gym Dominik Bad | 10:00 - 10:45 Balance Fit Jessi KR 2 | | 09:15 - 10:15 TaiChi QiGong Daniel KR 2 | 12:20 - 12:50 Wasser Gym Pamela Bad |
| | 12:50 - 13:20 Wasser Gym Jessi Bad | | | | 12:50 - 13:20 Wasser Gym Dominik Bad | | | | 12:50 - 13:20 Wasser Gym Pamela Bad |
| 17:00 - 17:30 HWS Stephan KR 1 | | 16:00 - 17:00 TaiChi QiGong Daniel KR 1 | | 17:00 - 18:00 Hatha Yoga Eberhard KR 2 | | | 16:00 - 17:00 Aquafitness Dominik Bad | | |
| 17:30 - 18:00 Mobility Fit Stephan KR 1 | | | | 18:00 - 18:30 HWS Jana KR 2 | | | 17:00 - 18:00 Aquafitness Dominik Bad | | |
| 18:00 - 18:45 Functional Fit Stephan KR 2 | | | | 18:30 - 19:00 Mobility Fit Jana KR 2 | | 18:00 - 19:00 Hatha Yoga Ina KR 1 | | | |
| 19:00 - 20:00 RV Fit Dominik KR 2 | | 19:00 - 20:00 RV Fit Celina KR 2 | 19:00 - 19:45 Aqua Fit Hannes Bad | 19:00 - 20:00 RV Fit Jana KR 2 | 18:45 - 19:45 Aquafitness Jessi Bad | | 19:00 - 19:45 Aqua Fit Jasmin Bad | | |
| | | | 19:45 - 20:30 Aqua Fit Hannes Bad | | 19:45 - 20:45 Aquafitness Jessi Bad | | 19:45 - 20:30 Aqua Fit Jasmin Bad | | |

www.rehazentrumjunge.de/fitness-und-praeventionskurse



FITNESSKURSE | PRÄVENTIONSKURSE | RV FIT