


# KURSPLAN

| KURSRAUM 1 = gelb                |                             | Outdoor Kurse                    |                                   | KURSRAUM 2 – INDOOR CYCLING **) = blau  |    |                                     |
|----------------------------------|-----------------------------|----------------------------------|-----------------------------------|---|----|-------------------------------------|
| MO                               | DI                          | MI                               | DO                                | FR  | SA | SO                                  |
| 9.00-9.55                        | 9.00-9.55                   |                                  | 9.00-9.55                         | 9.00-9.55   |    |                                     |
| Rückenfitness<br>Chris           | Pilates – Rückenfit<br>Lisa |                                  | Rücken-<br>Fitness Light<br>Vitti | NewEnergyCoordination<br><br>Steffen |    |                                     |
| 10.00-11.00                      |                             | 10.45-12.00                      | 10.00-11.00                       |   |    | 11.00-12.00                         |
| All Terrain Cycling**)<br>Yvonne |                             | Rücken-<br>Fitness Plus<br>Vitti | Fit & Fun Mix<br>Vitti            |   |    | Wake up Gym<br>siehe Aushang        |
|                                  |                             |                                  |                                   |   |    | 11.00-12.00                         |
|                                  |                             |                                  |                                   |   |    | Wake up Cycling**)<br>siehe Aushang |
| 18.00 – 18.55                    | 18.00-18.55                 | 18.00 – 18.55                    | 18.00 – 18.55                     |   |    |                                     |
| Hot Iron<br>Jörg                 | BBP<br>Claudia              | Faszientraining<br>Vitti         | Zumba<br>Morena/Holger            |   |    |                                     |
| 19.00-19.55                      | 18.30 – 19.15               | 18.00-19.15                      | 18.30 – 20.00                     |   |    |                                     |
| Insanity Workout<br>Michi        | Jump Fit**)<br>Claudia      | Nordic Walking**)<br>Lisa        | All Terrain Cycling**)<br>Bettina |   |    |                                     |
| 19.00-20.00                      |                             | 18.00-18.45                      | 19.00-20.00                       |   |    |                                     |
| Feel the Beat!**)<br>Jörg        |                             | Jump Fit**)<br>Claudia           | Deep Work<br>Janina               |   |    |                                     |
|                                  |                             | 19.00-19.55                      |                                   |   |    |                                     |
|                                  |                             | Fit & Fun Mix<br>Vitti           |                                   |   |    |                                     |
|                                  |                             | 19.00-20.00                      |                                   |   |    |                                     |
|                                  |                             | Cycling für Alle**)<br>Claudia   |                                   |   |    |                                     |
| 20.00 – 21.30                    |                             | 20.00 - 21.00                    | 20.00 - 21.15                     |   |    |                                     |
| (Hatha) YOGA<br>Chris            |                             | Pilates<br>Juliane               | YOGA<br>Silvia                    |   |    |                                     |



**Fitness Wellness Reha**

Gültig ab:  
03.07.2017

\*\*) = Begrenzte Teilnehmerzahl – Teilnahmekarten vor Kursbeginn an der Fitnesstheke erhältlich!  
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