

VIE VITALE Kurs-Angebot 10.05-16.05.2021

| Montag | | | Dienstag | | | Mittwoch | | | Do/FT | Freitag | | | Samstag | Sonntag |
|---------------------------------|------------------------------|--|-----------------------------------|--------------------------------------|--|---------------------------------|------------------------------------|---|-----------------------------------|---------------------------------|------------------------------------|---|--------------------------------------|---|
| | | 08.45-09.30 Orth. Reha | 09.00-09.30 Entspannter Nacken | | 09.00-09.45 Orth. Reha | 09.15-09.45 WS-Gymn | | 09.00-09.45 Orth. Reha OUTDOOR/gr.Z | 10.30-12.00 XL Yoga Special | 09.00-09.30 Zumba | | | 11.15-12.00 Fatburner | 10.30-11.15 Body Complete |
| 10.00-10.30 Sanfte Fitness | 09.45-10.30 Fatburner | 09.45-10.30 Orth. Reha | 09.45-10.15 Bauch- Po-Beine | 10.00-10.45 Step Intervall | 10.00-10.45 Orth. Reha | | 10.00-10.45 Body Complete | | | 09.45-10.15 RückenTopFit | | | 12.10-13.00 Langhantel Workout | 11.25-11.55 WellnessSpecial Stretch&Relax |
| 10.45-11.30 Rücken-Yoga | | 10.45-11.30 Orth. Reha | | | 11.00-11.45 Orth. Reha Endoprothetik | | 11.00-11.45 Fit4Drums | | | | 10.30-11.15 Body Complete | | | |
| | | 11.45-12.30 Orth. Reha Endo OUT/gr.Z | | | | | 11.00-11.30 HulaHoop Workout | | | | | | | |
| | | | | | | | | | | | | | | |
| | 17.00-17.45 Zumba | | | 17.00-17.45 Body Complete | | 17.00-17.45 Body Complete | 17.00-17.45 Dance | | | | 17.00-17.30 HulaHoop Workout | 17.00-17.45 Orth. Reha OUTDOOR/kl.Z | | |
| | 17.00-17.45 Fit4Drums | | | 17.15-18.00 Jumping Easy | | | 17.55-18.40 Body Complete | | | 17.30-18.00 Sanfte Fitness | 17.35-18:20 Zumba | | | |
| 18.00-18.45 Body Complete | 17.55-18.40 Step | 18.00-18.45 Orth. Reha | 18.15-18:45 RückenTopFit | 18.00-18.45 Fit4Drums | 18.00-18.45 Orth. Reha | 18.15-18.45 Stretch&Relax | 18.00-18.45 Cycling | | | 18.30-19.15 Body Complete | | | | |
| | 18.05-18.50 Cycling | 19.00-19.45 Orth. Reha | | 18.30-19.15 Jumping Power | 19.00-19.45 Orth. Reha | | 18.50-19.35 Zumba | 19.00-19.45 Orth. Reha | | | | | | |
| 19.15-19:45 RückenTopFit | 19.00-19.45 Strong Nation | | 19.00-19.45 Yoga | 19.00-19.50 Langhantel Workout | | | 19.00-19.45 Cycling | | | | | | | |
| | 19.00-19.45 Cycling | | 19.45-20.15 Tiefenentsp. | | | | | | | | | | | |

- Online-Live
- Großes Zelt
- Kleines Zelt
- Reha Halle
- Reha Outdoor

Anmeldemöglichkeiten unter www.vie-vitale.de