

# 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](http://www.vie-vitale.de)