

# Kursübersicht

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	09:00 - 09:45 <b>Reha-Sport</b>		09:00 - 09:45 <b>Reha-Sport</b>		10:00 - 13:00 <b>Freienwalder Delfine</b> „Baby- und Kleinkindschwimmen“
		10:30 - 11:30 <b>Pilates „sanft“</b>			
16:00 - 16:45 <b>Reha-Sport</b>	16:00 - 16:45 <b>Kinder Yoga</b>			16:00 - 17:00 <b>STRONG by Zumba</b>	
17:00 - 17:45 <b>Reha-Sport</b>	17:00 - 18:00 <b>Teen Yoga</b>	17:15 - 18:15 <b>Zumba Step</b>	17:00 - 17:45 <b>Reha-Sport</b>	17:15 - 18:15 <b>Pilates ++</b>	
18:00 - 19:00 <b>Zumba Gold</b>	18:15 - 19:15 <b>Pilates</b>	18:30 - 19:30 <b>Zumba</b>	18:00 - 18:45 <b>Reha-Sport</b>		
19:15 - 20:00 <b>Pound</b>	19:30 - 20:30 <b>Yoga</b>	19:45 - 20:30 <b>Pound</b>	19:00 - 19:45 <b>Pound</b>		
			20:00 - 20:45 <b>Step Aerobic</b>		