





Kursangebot RFZ 2012

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
9.30 - 10.30	9.30 - 10.15	10.00 - 10.30		9.30 - 10.30
Rücken-Fit	Reha-Sport	BMW		Rücken-Fit
		10.30 - 11.30		10.30 - 11.30
		Rücken-Fit	Pilates	
15.00 - 16.30			15.00 - 16.30	
Judo Kids			Judo Kids	
16.30 - 18.00	17.00 - 17.45		16.30 - 18.00	
Judo Kids	Reha-Sport		Judo Kids	
18.00 - 18.30	18.00 - 19.00	18.00 - 19.00	18.00 - 19.00	17.30 - 18.15
BMW	Adventure	Body Attack	Zumba Fitness	Reha-Sport
18.30 - 19.30	19.00 - 20.00	19.00 - 20.00		19.00 - 20.00
Rücken-Fit	Zumba Fitness	Fatburner		Indoor-Cycling
19.30 - 20.30		20.00 - 21.45	20.15 - 21.30	
Indoor-Cycling		Selbstverteidigung	Yoga	

Gültig ab den 07.02.2012