

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag / Sonntag																		
<table border="1"> <tr><td>9:00 – 10:00 Uhr</td></tr> <tr><td>Fitness</td></tr> <tr><td>Reha Core Fit / Bodystyling</td></tr> <tr><td>10:00 – 11:00 Uhr</td></tr> <tr><td>Reha / Prävention / Fitness</td></tr> <tr><td>Reha Core Fit / Rücken</td></tr> </table>	9:00 – 10:00 Uhr	Fitness	Reha Core Fit / Bodystyling	10:00 – 11:00 Uhr	Reha / Prävention / Fitness	Reha Core Fit / Rücken		<table border="1"> <tr><td>09:00 - 09:30 Uhr</td></tr> <tr><td>Reha / Prävention / Fitness</td></tr> <tr><td>Beckenboden- gymnastik</td></tr> </table>	09:00 - 09:30 Uhr	Reha / Prävention / Fitness	Beckenboden- gymnastik	<table border="1"> <tr><td>9:00 – 10:00 Uhr</td></tr> <tr><td>Reha / Prävention / Fitness</td></tr> <tr><td>Reha Core Fit / Rücken</td></tr> <tr><td>10:00 – 11:00 Uhr</td></tr> <tr><td>Reha / Prävention / Fitness</td></tr> <tr><td>Reha Core Fit / Rücken</td></tr> </table>	9:00 – 10:00 Uhr	Reha / Prävention / Fitness	Reha Core Fit / Rücken	10:00 – 11:00 Uhr	Reha / Prävention / Fitness	Reha Core Fit / Rücken	<table border="1"> <tr><td>09:00 – 10:00 Uhr</td></tr> <tr><td>Fitness</td></tr> <tr><td>BOP</td></tr> </table>	09:00 – 10:00 Uhr	Fitness	BOP	<div style="background-color: #800000; color: white; text-align: center; padding: 20px;"> Aktuell keine Kurse </div>
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