

# Kursplan

23.05.2022 - 29.05.2022

ampano Sport- und Gesundheitszentrum  
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Montag 23.05.2022	Dienstag 24.05.2022	Mittwoch 25.05.2022	Donnerstag 26.05.2022	Freitag 27.05.2022	Samstag 28.05.2022	Sonntag 29.05.2022
08:00 - 08:45 Rehasport	08:00 - 08:45 Rehasport	08:15 - 09:00 ampano Zirkel Finn	08:45 - 09:30 Rehasport	08:15 - 09:00 ampano Zirkel Finn		11:00 - 12:00 LesMills BODYBALANC... Simone
09:00 - 09:45 Rücken Fit Waldi	09:00 - 09:45 Les Mills BODYPUMP Michael	09:00 - 09:45 Rücken Fit Finn	11:00 - 11:45 Rehasport	09:15 - 10:00 Bauch Beine Po Waldi & Alicia		12:15 - 13:15 Les Mills BODYPUMP Basti
10:00 - 10:45 Indoor Cycling Andreas	10:00 - 10:45 Präventionssport: B... Simone	16:00 - 16:45 Rehasport	16:00 - 16:45 Rehasport	10:15 - 11:00 LesMills BODYBALANC... Simone		13:30 - 14:30 LesMills BODYATTACK... Alex
16:00 - 16:45 Rehasport	11:00 - 11:45 Rehasport	18:00 - 18:45 Bauch Beine Po Waldi	18:00 - 18:45 Les Mills BODYPUMP Michael	11:15 - 12:00 Rehasport		
17:00 - 17:45 Zumba® Gesthi	16:00 - 16:45 Rehasport	19:00 - 19:45 LesMills BODYBALANC... Simone	19:00 - 19:45 Indoor Cycling	16:30 - 17:00 Stretching Alicia		
18:00 - 18:45 LesMills BODYCOMBAT... Alex	17:15 - 17:45 LesMills CORE Simone	20:00 - 21:00 Figur Shaping /HIIT... Simone	19:00 - 19:45 Les Mills STEP Basti	17:15 - 18:00 Zumba® Gesthi		
18:00 - 18:45 Rehasport Kerstin L.	18:00 - 18:45 LesMills BODYBALANC... Kerstin		20:00 - 20:45 Rehasport			
19:00 - 19:45 Les Mills BODYPUMP Basti	19:00 - 19:45 Rücken Fit Finn					
20:00 - 21:00 Präventionssport: B... Simone	19:00 - 19:45 Indoor Cycling					
	20:00 - 20:45 Rehasport					

■ Gruppenfitness
 ■ Präventionssport...
 ■ Rehasport

Stand: 23.05.2022