

Unsere Gruppenzeiten in Jüterbog

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:00					
08:30				Rehasport	
09:00				08:30-09:15	
09:30			Fitdankbaby Mini/ Maxi	Rehasport +	
10:00		Rehasport + 10:00-11:00	09:30 - 10:45	09:30-10:30	
10:30			ZUR BUCHUNG Mini-Kurs		
11:00			ZUR BUCHUNG Maxi-Kurs	Rehasport +	
11:30			Fitdankbaby Rückbildung	09:45-10:45	
12:00		Fitdankbaby Pre 09:30 - 10:45	11:00 - 12:15		
12:30			ZUR BUCHUNG		
		ZUR BUCHUNG			

13:00				freies Krafttraining	
13:30		Lungensport 13:15- 14:00		13:00-14:00	
14:00		20 Minuten Auszeit 14:10-14:30			
14:30					
15:00		Herzsport 1		freies Krafttraining	
15:30		15:00 - 16:00		15:00 - 16:30	
16:00		Herzsport 2			
16:30	Rehasport 16:30 - 17:15	16:00-17:00		Rehasport 16:30 - 17:15	
17:00		Herzsport 3			
17:30	Rehasport + 17:30 - 18:30	17:00-18:00			
18:00					
18:30		Hatha-Yoga	Kundalini-Yoga	Kundalini-Yoga	
19:00	Rehasport + 18:45 - 19:45	18:30 - 20:00	18:30 - 20:00	18:30 - 20:00	
19:30				ZUR BUCHUNG	