

Kursplan September



Fitness · Figur · Gesundheit
 (www.sportoase-bocholt.de)
 Tel.: 0 28 71 / 99 17 17

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Reha Gym 10:00 Ina				
		Reha-Gym 17:00 Ina		Reha Gym 17:30 Ina
Body Fit 18:00 Christina		Reha-Gym 18:00 Ina	Bauch-Intensiv 18:15 Christina	
	Indoor-Cycling 19:00 (nicht am 05.09.) Nicola	Reha Gym 19:00 Ina	Indoor-Cycling 18:45 Christina	
Reha Gym 19:15 Ina	Step-Aerobic 20:00 Melanie			