

Montag

EG	1. OG	2. OG
Qigong 10:30 - 11:30	Yoga 10:00 - 11:30	Reha Ortho 10:15 - 11:00
	Indoor Cycling 11:40 - 12:40	Reha Ortho 11:00 - 11:45
	Prävention 17:00 - 18:00	Yoga 16:30 - 18:00
Yoga 17:30 - 19:00	Bodystyle 18:00 - 19:00	Dance Aerobic & Bodystyle 18:00 - 19:30
	Body- Workout 19:00 - 20:00	
	Reha Ortho 20:00 - 20:45	

Dienstag

EG	1. OG	2. OG
	Prävention 09:30 - 10:30	Reha Ortho 10:00 - 10:45
	Eltern-Kind 10:30 - 11:30	Reha Ortho 11:00 - 11:45
	Pilates 16:00 - 17:00	Reha Ortho 16:00 - 16:45
	Flying Pilates 17:00 - 18:00	Jumping 17:00 - 18:00
	Reha Ortho 17:00 - 17:45	Yoga 18:00 - 19:00
	Qigong 18:20 - 19:35	Pilates 19:00 - 20:00

Mittwoch

EG	1. OG	2. OG
	Eltern-Kind 09:30 - 10:30	Reha Ortho 09:15 - 10:00
	Eltern-Kind 10:30 - 11:30	Qigong 10:00 - 11:15
		Reha Hocker 11:30 - 12:15
		Reha Ortho 16:00 - 16:45
	Fit im Alltag 17:00 - 18:00	Feldenkrais 17:00 - 18:00
	FBI 18:00 - 19:00	Jumping 18:00 - 19:00
	Indoor Cycling 19:00 - 20:30	Reha Ortho 19:05 - 19:50
Kundalini Yoga Hilda Heinemann 19:00 - 20:30		

Kursplan Moll'sche Fabrik

Donnerstag

Freitag

Samstag

Sonntag

Sonder

EG

1. OG

2. OG

EG

1. OG

2. OG

Pilates
08:30 - 09:30

Eltern-Kind
09:45 - 10:45

Prävention
09:00 - 10:00

Reha Ortho
10:15 - 11:00

Reha Ortho
11:00 - 11:45

**Tai Chi
Qigong**
16:15 - 17:30

Fatburner
17:30 - 18:30

Yoga
17:55 - 18:55

Pilates
18:30 - 19:30

Aerial Yoga
19:00 - 20:00

Zumba
19:00 - 20:00

Fatburner
19:30 - 21:00

Reha Ortho
09:00 - 09:45

Reha Ortho
09:45 - 10:30

**Indoor
Cycling**
17:30 - 18:30

**Indoor
Cycling**
18:30 - 19:30

Bodystyle
10:00 - 11:00

Reha Neuro
11:00 - 11:45

Taekwondo
17:00 - 18:00

Taekwondo
18:00 - 19:00

Taekbo
19:00 - 20:00

Jump4It
2.OG
10:00 - 11:00

Yin Yoga
11:15 - 12:45

Aerial Yoga
13:00 - 14:00

LTG

www.ltg-sport.de

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