

Kursplan Moll'sche Fabrik

Montag			Dienstag			Mittwoch		
EG	1. OG	2. OG	EG	1. OG	2. OG	EG	1. OG	2. OG
Qigong 10:30 - 11:30	Yoga 10:00 - 11:30	Reha Ortho 10:15 - 11:00	Prävention 09:30 - 10:30	Eltern-Kind 10:30 - 11:30	Reha Ortho 10:00 - 10:45	Eltern-Kind 09:30 - 10:30	Eltern-Kind 10:30 - 11:30	Reha Ortho 09:15 - 10:00
	Indoor Cycling 11:40 - 12:40	Reha Ortho 11:00 - 11:45			Reha Ortho 11:00 - 11:45			Qigong 10:00 - 11:15
Yoga 17:30 - 19:00	Prävention 17:00 - 18:00	Yoga 16:30 - 18:00	Flying Pilates 17:00 - 18:00	Pilates 16:00 - 17:00	Reha Ortho 16:00 - 16:45	Fit im Alltag 17:00 - 18:00	FBI 18:00 - 19:00	Reha Ortho 15:00 - 15:45
	Bodystyle 18:00 - 19:00	Dance Aerobic & Bodystyle 18:00 - 19:30		Reha Ortho 17:00 - 17:45	Jumping 17:00 - 18:00			Feldenkrais 17:00 - 18:00
	Body- Workout 19:00 - 20:00			Qigong 18:20 - 19:35	Yoga 18:00 - 19:00			Jumping 18:00 - 19:00
	Reha Ortho 20:00 - 20:45				Pilates 19:00 - 20:00			Reha Ortho 19:05 - 19:50
						Kundalini Yoga Hilda Heinemann 19:00 - 20:30	Indoor Cycling 19:00 - 20:30	

Fitness · Gesundheit u. Entspannung · Rehasport · Kinder/Jugend

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

Pilates
18:30 - 19:30

Yoga
17:55 - 18:55

Zumba
19:00 - 20:00

Fatburner
19:30 - 21:00

Aerial Yoga
19:00 - 20:00

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