



ACTIV CENTRUM

wohltuend anders!

Öffnungszeiten

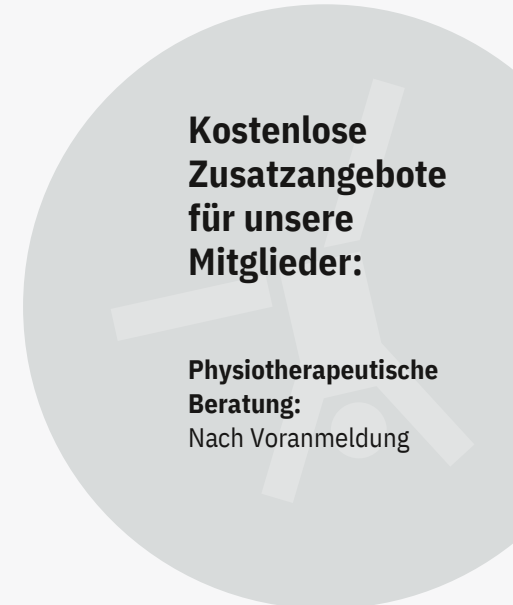
Mo. - Do. 8.00 - 22.00 Uhr
Fr. 8.00 - 21.00 Uhr
Sa. 9.30 - 17.00 Uhr
So. 10.00 - 17.00 Uhr

Alle Kurse:

Bitte Voranmeldung
per Activ Centrum App
Tel.: 02434-240024

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:30 - 09:25 Beweglichkeit & Stabilität				8:30 - 09:25 Beweglichkeit & Stabilität
09:30 - 10:25 Workout		09:30 - 10:25 WSG 50+	11:30 - 12:15 Rehasport	9:30 - 10:25 BBP
10:30 - 11:25 Hatha Yoga	10:30 - 11:25 Ayur Yoga	10:30 - 11:25 Pilates	12:15 - 13:00 Rehasport	10:45 - 11:30 Rehasport
11:30 - 12:15 Rehasport	11:45 - 12:30 Rehasport	11:30 - 12:15 Rehasport		
15:00 - 15:45 Rehasport		16:00 - 16:45 Rehasport		
17:00 - 17:45 Rehasport		17:30 - 18:25 Indoor Cycling	17:00 - 17:45 Rehasport	17:30 - 18:15 Faszientraining
18:00 - 18:55 BBP	18:00-18:55 Workout	18:30 - 19:25 Rückenfitness	18:00 - 18:55 Muscle Power	18:30 - 19:25 Rückenfitness
19:00 - 19:55 Intervall	19:00-19:55 Qigong	19:30 - 20:25 Strong Workout	19:00 - 19:25 Stabile Mitte	
20:00 - 20:55 Pilates	20:00 - 20:55 Indoor Cycling		20:00 - 20:55 Indoor Cycling	

Samstag	Sonntag
12:15 - 13:15 Faszien Yoga	10:30 - 11:25 Indoor Cycling



Kurse
Indoor Cycling
Rehasport